

Tobacco Cessation Resources

UC is committed to providing our faculty and staff with a tobacco-free environment. To support this policy and help those who want to quit smoking, the university offers comprehensive smoking cessation resources for faculty and staff.

All UC-sponsored non-Medicare medical plans provide prescription and over-the-counter tobacco cessation products at no additional cost when prescribed by a physician, along with optional behavioral modification programs to help you quit smoking.

The additional resources here are available through your medical plan – usually at no cost to you.¹

¹ **This is a summary only;** limitations, exclusions, exceptions and other qualifiers may apply. Call the plan or see the plan's website for plan booklets and detailed benefit information.

Core, UC Care, UC Health Savings Plan

- Online resources (ucppoplans.com/ucc/manage-your-health/tobacco-cessation)
- Anthem Health Guide support (844-437-0486)

Health Net Blue & Gold

- Health Promotion Program for tobacco cessation (Healthnet.com/uc)
- Quit for Life telephone-based coaching (866-784-8454)

Kaiser Permanente

- Healthmedia Breathe (kp.org/quitsmoking)
- Telephone-based coaching (Northern California: 866-251-4514; Southern California: 866-862-4295)
- On-site counseling, classes and programs (contact your local Kaiser medical center)

Western Health Advantage

Programs available through your medical group