

Tobacco Cessation Program

Cigna

If you're ready to let go of your tobacco habit, Cigna has a wide variety of online tools and personal coaching that will not only help you reach your goal, but also help you develop and maintain a healthy lifestyle. Cigna's tobacco cessation program provides you and your family members, 18 years of age and older, the opportunity to work with a coach over the telephone and online.

Tobacco Cessation Coaching

Get the help you need to finally quit tobacco. Create a personal quit plan with a realistic quit date. And get the support you need to kick the habit for good. You'll even get free over-the-counter nicotine replacement therapy (patch or gum). There are two options to participate:

1. Over the phone

- One-on-one wellness coaching to develop a quit plan and relapse prevention strategies
- Convenient evening and weekend hours
- Program workbook and toolkit

2. Online

- Convenient support
- Self-paced program
- Educational materials
- Interactive tools
- And other resources

Register Today

You can register on the myCigna website or through the app.

Health Assessment

Taking the health assessment and identifying yourself as a tobacco user puts you in touch with:

- News and articles on smoking health and winning strategies for quitting.
- Ways to set goals – like trying smoke-free nicotine patches or gums every day for a week to curb nicotine cravings.

To get started go to myCigna.com or the app to take your health assessment.

Education and support

If you're ready to quit, myCigna.com or the app can help you get started:

- Information on quitting tobacco use, including the benefits of living tobacco-free, and tips for coping with cravings and dealing with side effects like weight gain.
- Interactive tools that can help you decide if you're ready to quit, and demonstrate the financial benefits of a smoke-free life.
- Videos to help you take the necessary steps and kick your habit once and for all.

Tobacco Cessation Program & Refund of Surcharge

Each year at open enrollment, you will be asked to attest to your tobacco status and that of your family members. If you and your family members are using tobacco at the time of attestation, you will be charged a \$50 monthly surcharge for each tobacco user in your family age 18 and older (up to \$100 per family unit). If you (or your family members) complete the tobacco cessation program on or before June 30, 2024, you will receive a full refund of the tobacco surcharge (subject to the applicable taxes). If your physician believes that the tobacco cessation program is medically inappropriate under the circumstances, contact your benefits team at 678-231-5880 and we will work with your physician to provide you another alternative to suspend the surcharge and receive a refund.

Employees and eligible dependents age 18 or older will be able to certify as non-tobacco users if they completed the Tobacco Cessation Coaching Program in 2023.

