

FINALLY **BEAT** **SMOKING!**

(Program for any kind of tobacco product)



The Finally BEAT Smoking Program
will cost just a copay for your choice of any
of the listed treatments to stop smoking.

(For Welborn Health Plans Members*)

Hypnosis (Specialist office visit copay)

Hypnosis is a highly relaxed state in which a therapist helps you focus your attention and open your unconscious mind to suggestions that will increase your ability to quit smoking. Usually requires 3 visits one week apart.

Nicotine Inhaler (Pharmacy preferred brand copay)

This form of nicotine replacement mimics the hand-mouth characteristics associated with smoking. The normal dose is between 6-16 cartridges per day and recommended therapy length is 12 weeks.

Nicotine Nasal Spray (Pharmacy preferred brand copay)

The nasal spray delivers nicotine slower than smoking a cigarette, but faster than any other replacement therapy, so this therapy may be suited for smokers with high degrees of cravings.

Nicotine Patch (Pharmacy generic copay)

Nicotine replacement patches are applied to the skin daily to help reduce cravings/withdrawal symptoms. Your doctor will help you decide which strength of patch is best for you.

Monthly Support

Our Welcare! smoking specialist will contact you monthly while you are enrolled in the Finally BEAT Smoking Program until you are smoke-free for one year. This gives you additional support and the opportunity to talk with a nurse regarding any questions or issues you may have.

Zyban™ - Generic (Pharmacy generic copay)

Brand (Pharmacy preferred brand copay)

Zyban helps reduce your urge to smoke and can make quitting bearable. You and your doctor set a quit date. This treatment is taken while you're still smoking, but on your quit date you stop smoking and continue to take it as prescribed.

Chantix™ (Pharmacy preferred brand copay)

Chantix blocks the effects of the "Nicotine High" that smokers experience. You and your doctor set a quit date. This treatment is taken while you're still smoking, but on your quit date you stop smoking and continue to take it for 12 weeks.

Nicotine Gum (Pharmacy generic copay)

Nicotine replacement gum is very helpful for certain smokers. This therapy is available in 2 different strengths: 2 mg if you smoke less than 25 cigarettes per day and 4 mg for those who smoke 25+ cigarettes per day.

NOTE: Referral and precert required from your WHP Primary Care Physician, participating providers only. Some therapies are available over-the-counter and would not normally require a prescription. However, to be eligible to receive the discount, all drug therapies require a prescription and must be purchased at a Welborn Health Plans (WHP) participating pharmacy for coverage. The Finally BEAT Smoking Program and its services are not administered under the terms of the WHP Certificate of Coverage. WHP does not coordinate benefits on prescription drug purchases.

**High Deductible Health Plan (HDHP) members must meet their annual deductible before the applicable pharmacy copay and/or office visit copay (listed above) would apply.*

Call 812-773-0311 for more information.
Take the first step toward a **SMOKEFREE** life...today!