

Are You Ready To Quit Tobacco ?



Take advantage of your health benefits today!

TRICARE® Smoking Cessation

Program: www.tricare.mil/tobaccocessation

covers tobacco cessation products

for free.

- Prescriptions
- Over-the-counter drugs

To qualify you must be age 18 or older; not be eligible for Medicare; have a prescription from a TRICARE-authorized provider. Explore TRICARE benefits: https://www.express-scripts.com/TRICARE/faq/smoking_cessation_program.shtml



Online/Telephone Resources

- <https://www.ycq2.org/> has materials for personalized quit plans; 24/7 chat with cessation coaches; SmokefreeMIL, a text message program to help people quit. Text MIL to 47848.
- **Army Public Health Center Tobacco Free Living:** <https://phc.amedd.army.mil/topics/healthyliving/tfl/Pages/TFLEducation.aspx>
- **Freedom Quitline:** 1-844-I-AM-FREE
Participants receive four proactive smoking cessation counseling sessions by phone, along with eight weeks of free nicotine replacement therapy (NRT) sent to their homes.
- **NJ Quitline:** 1-866- NJ-STOPS.
A free telephone-counseling service that helps people who want to stop smoking. Trained counselors give callers information, advice, encouragement and one-on-one counseling. Counselors design an individualized program to support each smoker's effort to quit. Participants receive four counseling sessions, with the option of adding sessions as needed.



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All health plans in the Federal Employment Health Benefit (FEHB) program cover for free:

- counseling sessions
- approved tobacco cessation medications, including over the counter medications
- no copayments, coinsurance or deductibles
- treatment for cigarettes, snuff and chewing tobacco
- more information can be found on the [OPM.gov](https://www.opm.gov) website.



www.opm.gov/quitsmoking

Online Resources

- <https://www.ycq2.org/> which has materials for personalized quit plans, 24/7 chat with cessation coaches, and learn more about tobacco cessation.
- **smokefree.gov** <https://smokefree.gov/> offers free text messaging programs that give 24/7 advice and tips for becoming smokefree.
- **Army Public Health Center Tobacco Free Living:** <https://phc.amedd.army.mil/topics/healthyliving/tfl/Pages/TFLEducation.aspx>
- **Centers for Disease Control Tips From Former Smokers:** <https://www.cdc.gov/tobacco/campaign/tips/index.html>
- **Performance Triad:** <https://p3.amedd.army.mil/>