

Tobacco Cessation Resources

You're not alone. Get help so you can quit smoking. Start today.

State of Vermont

LiveWell Vermont Online Smoking Cessation Workshops (4 or 12-week):

Visit the LiveWell Vermont Wellness Portal at <https://mybluehealth.bcbsvt.com>.

LiveWell Vermont Wellness Coaching:

Work with a certified wellness coach. Contact thr.livewellvermont@vermont.gov or (802) 828-2804.

InvestEAP:

Support and counseling for state employees and household members. Contact: (888) 834-2830.
www.investeap.org Password: vteap

State of Vermont Health Plan Coverage

Express Scripts prescription drug plan covers prescriptions for smoking cessation

After an annual deductible of \$25 per person, the plan pays:

90% for Generic Drugs ---- 80% for Preferred Brand Drugs ---- 60% for Non-Preferred Brand Drugs

Contact your doctor to find out if a prescription is right for you. Need a doctor? Contact (888) 778-5570

Mental Health Services 100% covered; no co-pay; no limit. Contact (888) 778-5570.

Alternative Therapies:

Massage Therapy: \$20 co-pay (Licensed PT, MD, ND, DO)

Acupuncture: \$20 Co-pay (Licensed Acupuncturist in-network)

Chiropractic: \$20 co-pay. (Limit of 60 visits/year along with Physical, Occupational & Speech Therapies)

Additional Resources

802Quits offers FREE Nicotine Replacement Therapy (NRT) to smokers trying to quit—and delivers it to your home. There are three ways to get your FREE NRT:

1. Register for free [Online Quit Help](#) to order your NRT. If you're already an Online Quit Help member, look under the Medication link.
2. Sign up for free Quit by Phone coaching. Call **1-800-QUIT-NOW (784-8669)** or have a [Quit Coach call you later](#).
3. Sign up for free **In-person Quit Help** with a Vermont Quit Partner in your community. You can find and register for a group near you, or see the In-person Quit Help section for a listing of all hospitals offering groups.

Visit www.802quits.org or call: **1-800-QUIT-NOW (784-8669)**

