NEW! BEGINNING OCTOBER 1, 2014
University of Utah Health Plans will waive copays for prescriptions related to smoking cessation for Hospitals and Clinics employees and dependents on The Plan. There will be no copays for the following prescriptions:

- **Nicotine replacement products**
  - Nicotine patch, gum, lozenge

- **Prescription non-nicotine medications**
  - Bupropion (approved for this use), Chantix (step therapy and authorization required)

**Note:** Remember to request generics and use University pharmacies whenever possible. Non-preferred prescriptions will be available with a copay (Nicotrol, Zyban, Nicotrol inhaler, nasal spray).

**SMOKING CESSATION PROGRAM**
The WellnessNOW program is also sponsoring a smoking cessation program for Hospitals and Clinics employees and their spouses/partners. Completion of this program counts as all five of the ongoing WellnessNOW activities. The $125 ongoing activity incentive (paid out on the June 22, 2015, pay advice) will be given to WellnessNOW participants who complete the program.

Three four-month sessions will be held throughout the year, beginning in October.

- October – January
- December – March
- February – May

If you are interested in participating in one of the four-month sessions, please contact the Health and Wellness Center directly at 801-213-3777 or via email at WellnessNOW@hsc.utah.edu.

**HEALTH BENEFITS OF QUITTING**
Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are toxic, and about 70 can cause cancer. Tobacco smoking increases the risk for serious health problems, numerous diseases, and death.

People who stop smoking greatly reduce their risk for disease and premature death. Although the health benefits are greater for people who stop at earlier ages, quitting is beneficial at all ages. Stopping smoking is associated with the following health benefits:

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for coronary heart disease, stroke, and peripheral vascular disease.
- Reduced coronary heart disease risk within 1-2 years of quitting.
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath. The rate of decline in lung function is slower among people who quit smoking than among those who continue to smoke.
- Reduced risk of developing chronic obstructive pulmonary disease (COPD), one of the leading causes of death in the United States.
- Reduced risk for infertility in women of reproductive age. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

**Smoking Cessation programs and medication are both effective for treating tobacco dependence, and using them together is more effective than using either one alone.**