

Tobacco Cessation Program

Get up to \$200 back when you complete an approved program to help you quit

When you stop using tobacco products you'll breathe easier, live longer, and protect the health of those around you. We will reimburse you up to \$200 when you complete a tobacco cessation program. If your tobacco cessation program costs less than \$200, you may apply the difference toward reimbursement of nicotine replacement products or prescription smoking aids.

First, find an approved program

If you need help finding an approved program, check out the descriptions of popular tobacco cessation programs at www.ibxpress.com by clicking on the *Healthy Lifestyles* tab, and then on *Prevention*. If you want to attend a program that is not on the list, call 1-800-ASK-BLUE to find out if it meets the criteria for an approved program.

Next, enroll with Healthy LifestylesSM

It's easy. You can do it online at www.ibxpress.com or call 1-800-ASK-BLUE (1-800-275-2583), Monday through Friday, 8 a.m. to 6 p.m. You'll receive a letter confirming your enrollment and a reimbursement form.

Get your reimbursement

Submit your reimbursement form, along with a description of your program, proof of your enrollment, and all program receipts for nicotine replacement or other medications prescribed to you to help you quit.



When you kick the habit, sometimes you need help in other areas. Our member website, ibxpress.com, also offers Lifestyle Improvement Programs for stress management, weight management, emotional health, exercise, and nutrition. These personalized, self-paced programs will help you improve your health by inspiring and supporting your positive health changes.

Log on to www.ibxpress.com today! Click on the *WebMD* tab and then on *Health Tools* to register for a Lifestyle Improvement Program. While you're there, check out some of the other great features, such as filling out a Personal Health Profile and the Symptom Checker. If you aren't registered for ibxpress.com, simply click on the *Register* link on the home page and follow the simple instructions.



We're here for you every step of the way.

Visit ibxpress.com or call 1-800-ASK-BLUE.