



Quit tobacco with a helping hand

You don't have to do it alone

Personalized support and programs to give you confidence each step of the way

Taking the first step and deciding to quit tobacco can be hard. However, you don't have to do it alone. We can help you achieve and maintain a smoke-free life so you can live your best life today and tomorrow.

Through one-on-one support and personalized programs, you can count on help every step of the way.

Nicotine replacement therapies at no extra cost

You can get over-the-counter nicotine replacement therapies, without a prescription, at no extra cost to help you quit. You must be:

- A member of the Kentucky Employees' Health Plan (KEHP).
- A tobacco user (planholder and/or dependent), age 18 or older, and listed as a tobacco user on the KEHP health insurance form.
- Attending all regularly scheduled sessions from an approved program to quit tobacco — either the **Freedom From Smoking[®]** program or the **Quit Now Kentucky** program.

After you meet these requirements, follow these steps to receive your voucher that will pay for your replacement therapies:

1. **Go to kehpcy.gov and print your voucher.** You can also call the KEHP Department of Employee Insurance at **888-581-8834** and request a voucher.
2. **Get your voucher signed by your program facilitator.**
3. **Fax your signed voucher to the Department of Employee Insurance (DEI) at 502-564-5278.** The DEI will verify your eligibility and then fax or mail the voucher back to you.
4. **Take your signed, approved voucher to your pharmacy.** You can use it to pay for your nicotine replacement therapies (generic patches, lozenges, or gum).
5. **Follow these steps every 28 days** to receive a new voucher to cover your costs each month.

Be sure to save your vouchers for your records.

Choose an approved program that's right for you

Freedom From Smoking

The American Lung Association has helped hundreds of thousands of people quit smoking through Freedom From Smoking. Available in small group clinics or online, Freedom From Smoking helps you develop a plan of action leading to quit day and provides the support you need to remain smoke free.

Based on current addiction and behavior change models, the program addresses the difficulties of quitting in a sensitive, supportive style and is backed by certified tobacco cessation counselors available in person, by phone, or through online chat. Visit lung.org/ffs or call **800-LUNGUSA (800-586-4872)**.

Quit Now Kentucky Tobacco Cessation — Smoking and Tobacco Cessation

This phone-based service provides one-on-one help from a trained tobacco cessation counselor. To learn more, call **1-800-Quit-Now (800-784-8669)**.

Find additional support online

In addition to choosing one of the approved programs, these online tools and resources can help you live a tobacco-free life.

- The Centers for Disease Control and Prevention offers cessation tips, tools, and research on their How to Quit website at cdc.gov/tobacco/quit_smoking.
- Visit smokefree.gov, a website dedicated to helping smokers quit. You can access helpful articles, tips, and apps, and build your own plan to quit.

For more information about these programs and resources to help you stop smoking, call **844-402-KEHP**, Monday through Friday, 8 a.m. to 8 p.m. ET. We'll be with you every step of the way.



Language Access Services — (TTY/TDD: 711)

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