

Quitting just got a little easier.



Tobacco Cessation Benefit

The Texas Association of Counties Health and Employee Benefits Pool offers prescription tobacco-cessation medication under your employer's health plan.*

Tobacco Cessation Prescription Benefit:

- \$0 copay per prescription; for one-month supply;
- Mail order available at \$0 for a three-month supply; and
- Rx deductible waived if applicable.

Quit Tobacco with Tobacco Cessation

Voluntary program that provides online tools, support, personal coaching and discounts for wellness-related products and services to quit smoking.

How to Access: Call Blue Cross Blue Shield of Texas for information and to enroll (866) 412-8795.

For additional resources and benefit details please visit: www.county.org/healthycounty



Together.
Better.
Stronger.

TEXAS ASSOCIATION *of* COUNTIES
HEALTH AND EMPLOYEE BENEFITS POOL

Personal Coaching

Once you are enrolled in Tobacco Cessation, you will be assigned to your own Wellness Coach who:

- Provides personal assistance with goal setting, resource education, tips and periodic progress checkups;
- Assesses your commitment level; and
- Establishes a follow-up call schedule.

Your Wellness Coach can also help you if you need support with behavioral disorders. Since many health issues involve some combination of physical, mental and social causes, addressing behavioral and medical issues at the same time can lead to a better overall quality of life.

Be sure to ask questions, share your feelings and build a trusting relationship with your coach - these valuable relationships will keep you motivated.

If you are not comfortable working with a Wellness Coach, you can use a variety of online motivational and educational resource tools.

Online Self-Guided Tools and Resources

- Log on to mybenefits.county.org;
- Click “Get Connected;”
- Click BCBSTX link;
- Click Well on Target link; and
- Click Quitting Tobacco link under onmytime courses.

www.county.org/healthycounty



(800) 456-5974
county.org