

# Are you ready to quit tobacco?

Take the next step  
for a healthier you



# **YOU CAN DO IT!**

*Develop a plan and get started*

## **CALL THE NYS QUITLINE**

1-866-NY-QUITS (1-866-697-8487)

**NYS QUITLINE** - *Access to free services*

- Quit coaches
- Motivational messages & daily tips
- Nicotine patches
- Online blogs & forums
- Savings calculator
- English & Spanish translation available
- Hearing impaired and speech disabled can call the NY Relay Service at 7-1-1 (voice or TTY) give the operator the Quitline number

## **Know Your Coverage**

### **UNITED HEALTHCARE**

1-877-7-NYSHIP (1-877-769-7447)

The Empire Plan Prescription Drug Program covers:

- Nicotine replacement nasal sprays, inhalers, patches, gum, lozenges and non-nicotine bupropion (brand name Zyban)

### **MEDICAID**

- Covers quit counseling
- Covers all cessation medications, which includes: 5 nicotine replacement therapies (patch, gum, lozenge, inhaler and nasal spray); 2 non-nicotine oral medications (bupropion, brand name Zyban or Wellbutrin and varenicline, brand name Chantix)

### **TALK WITH A HEALTH NAVIGATOR**

- Navigators know all the insurance application rules. Visit Maxcy Hall, Room 104, Mondays from noon - 8 pm

### **TALK TO AN EMPLOYEE ASSISTANCE PROGRAM (EAP) COORDINATOR**

- Confidential assessment and referral services for SUNY Potsdam employees and their family members - call SUNY Potsdam's EAP (315) 267-3434. Your call will be returned within 24 hours
- Contact Statewide EAP in Albany at (800) 822-0244

