



City of Baltimore Health Plan Carriers Smoking Cessation Resources

Services - No Cost

Online One-on-One Smoking Cessation Coaching	Online Health Coaching Program "Be Tobacco Free" through Navigator. Engaging, tangible, and practical steps make up Be Tobacco Free Journeys. Participants move down the road to quitting through real-time practice, gathering social support, prepping the environment and getting past triggers. Participants choose the small steps that play to their strengths, unique to them. Titles like "Make Your Date to Quit" and "Stay on Track" offer powerful steps for any tobacco participant.	Online health coaching is available. The 6-week coaching program begins with an online consultation, during which the member's digital coach collects information about the member's personal insights, motivation for change, and perceived barriers to achieving his/her goals. The member will receive a personalized action plan that follows proven clinical guidelines while addressing history, goals, triggers, barriers, will power, and beliefs. The member will receive personalized periodic e-mail communications, tailored to their characteristics and lifestyle.	Online training module which helps identify triggers, set quit dates and provides information to discuss medications with PCP.	No service provided
On-Site Smoking Cessation Classes	Counseling covered same as adult routine physical exam. Limited to 8 visits per 12 months.	No service provided	Varies by each medical center	No service provided
Additional Resources & Information	SmartSource/Healthwise Knowledgebase are health information search engines that provide you with online tools and educational information related to smoking.	Healthcare consumerism article library. Vitality magazine provides health and wellness articles and health news which may include smoking.	National, State, Maryland's 1-800-QUITNOW, American Cancer Society, American Heart Association	Comprehensive wellness articles and library, interactive tools via myuhc.com, 24/7 support from the 24 hour NurseLine.
Other	24 hour nurse line. Call a toll-free number to talk to a registered nurses. They can share information on a range of healthy topics including smoking.	No service provided	A tobacco free campus tool kit. http://businesshealth.kaiserpermanente.org/workforce-health-topics/#Tobacco-free-campus-toolkit	Wellness discounts via our Health Allies wellness network which include discounts on Habitrol (nicotine gum), Living Free behavior change program for smoking cessation.

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