



Tobacco is expensive.  
We'll pay you to quit.

"It's been one of the best things I've ever done!" -206 Member

Earn up to \$1,600!!!

## Join the Tobacco Cessation Incentive Program (TCIP)!

**Enrollment period: January 1, 2024 – March 31, 2024**

### How do I enroll?

Call the enrollment number – **619-278-0021 option #4** or **855-805-4829** – and sign up for the Tobacco Cessation Incentive Program (TCIP)

### What do I do after enrolling?

- 1) Get screened for tobacco use by your physician
- 2) Sign up for a smoking cessation program provided by your carrier

### Which tobacco cessation program does my insurance cover?

| Carrier           | Program Name               | Type            | How to enroll  |
|-------------------|----------------------------|-----------------|--|
| United HealthCare | Quit for Life              | Coaching        | Phone: 866-784-8454<br>Online: <a href="https://www.quitnow.net">https://www.quitnow.net</a><br><i>Enter United Healthcare and Zip Code only</i> |
| Kaiser Permanente | Breathe                    | Online          | <a href="https://healthy.kaiserpermanente.org">https://healthy.kaiserpermanente.org</a>  |
|                   | Freedom from Tobacco       | In-Person Class | Phone: 619-641-4194<br>Online: <a href="https://healthy.kaiserpermanente.org">https://healthy.kaiserpermanente.org</a>                           |
|                   | Wellness Coaching by Phone | Coaching        | Phone: 866-862-4295  |

### What are the incentives and how do I get them?

| Incentive                      | Amount | Verification Required  | Deadline          |
|--------------------------------|--------|--|-------------------|
| Step 1: Program Completion     | \$200  | 1) Biomedical Test verifying tobacco use prior to program<br>2) Program Completion Certificate   | July 31, 2024     |
| Step 2: Cessation post program | \$600  | Biomedical Test verifying tobacco cessation after program (must first complete Step 1)   | July 31, 2024     |
| Step 3: Cessation follow up    | \$800  | Biomedical Test verifying tobacco cessation 5 months after first Biomedical Test verifying cessation (must first complete Step 1 + Step 2) | December 15, 2024 |



STRONGER TOGETHER