



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 – March 31, 2023

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 Online: https://www.quitnow.net <i>Enter United Healthcare and Zip Code only</i>
Kaiser Permanente	Breathe	Online	https://healthy.kaiserpermanente.org
	Freedom from Tobacco	In-Person Class	Phone: 619-641-4194 Online: https://healthy.kaiserpermanente.org
	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 2) Program Completion Certificate	July 31, 2023
Step 2: Cessation post program	\$600	Biomedical Test verifying tobacco cessation after program (must first complete Step 1)	July 31, 2023
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, 2023



STRONGER TOGETHER