



Want to Help a Tobacco User Quit? We Can Help.

We offer tobacco cessation benefit coverage for HAP HMO, Alliance Health and Life Insurance Company® and HAP Senior Plus members who are ready to quit. This coverage includes:

Tobacco Treatment Service

This six-month, telephone-based program allows you to work one on one with professional coaches certified in treating tobacco addiction. You'll have unlimited access to a coach during the program. This is a free benefit for HAP HMO, Alliance and HAP Senior Plus members.

To learn more, contact Henry Ford Health System's Tobacco Treatment Service at **(888) 427-7587** or visit henryford.com/tobaccofree.

Freedom From Smoking®

This seven-week class, developed by the American Lung Association, focuses on behavioral change and successful strategies to become tobacco-free. Each session covers topics from setting a quit date to becoming tobacco-free for life. The program is available at community sites or at the worksite. It's free to HAP HMO, Alliance and HAP Senior Plus members.

To learn more, contact Henry Ford Health System's Tobacco Treatment Service at **(888) 427-7587**, or visit henryford.com/tobaccofree.

Quitting 101 seminars

The same certified coaches who lead the tobacco cessation programs are available to lead free worksite seminars. Topics include the benefits of quitting, developing your quit plan, coping with cravings and more.

Online programs

HAP offers iStrive® for Better Health, powered by WebMD Health Services. When you're ready to quit tobacco for good, you can use the iStrive health assistant tool to help you reach your tobacco cessation goals.

Tobacco cessation medications

Prescription and over-the-counter medications can be helpful when you try to quit tobacco. Nicotine replacement products and generic tobacco cessation medications are often available without a copay. For more information, log in at hap.org and click the *My Prescription Coverage* tab. If you have questions, please call HAP Customer Service:

- HAP members – **(800) 422-4641**
- Alliance (PPO and EPO) members – **(888) 999-4347**
- HAP Senior Plus – **(800) 801-1770**

Additional resources

The Michigan Tobacco Quitline is a free service available 24/7 to Michigan residents. When you call **(800) 784-8669** and enroll, you get special tools, a support team of coaches, research-based information and a community of others trying to become tobacco free.

HAP and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

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