

## Smoking Cessation Resource Guide

In order to establish an environment that seeks to be smoke free, certain measures should be taken into consideration when addressing the smoking habits and behaviors of company personnel. This guide provides useful resources that employers can use and distribute to employees in order to facilitate the identification of key health risks that need to be changed.

Included in this guide is a list of comprehensive approaches that employers and employees can utilize to achieve the optimum level of practice. It consists of educational materials that help to inform individuals who are interested in quit smoking initiatives. In addition, there are various technological applications listed that can be used as an effective tool to reduce smoking habits, along with quit smoking programs which are offered in the greater Philadelphia region.

### **Recognizing the Need: Why Quit?**

**American Lung Association:** On its website, the American Lung Association provides “10 of the Worst Diseases Smoking Causes”. <http://www.lung.org/our-initiatives/tobacco/reports-resources/sotc/by-the-numbers/10-worst-diseases-smoking-causes.html>

**CDC Health Effects of Cigarette Smoking:** Presents an extensive overview on the effects cigarette smoking has on health. This includes increased risks of cardiovascular and respiratory diseases. [https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/)

**American Cancer Society:** Analyzes the health effects of smoking tobacco and overviews the various cancers smoking can cause. <http://www.cancer.org/cancer/cancercauses/tobaccocancer/health-risks-of-smoking-tobacco>

**Department of Health and Human Services (HHS):** This website highlights several tobacco-free campaigns, offered through the BeTobaccoFree initiative, that express the importance of quitting: <https://betobaccofree.hhs.gov/tobacco-free-campaigns>

**HealthLine:** Uses an interactive diagram to show the effects smoking has on each of the bodily functions. This includes the cardiovascular, respiratory, digestive, integumentary, reproductive, and central nervous systems. <http://www.healthline.com/health/smoking/effects-on-body>

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## **Education Materials:**

### **-Online Discussion Tools for Tobacco Cessation-**

- **National Center for Complementary and Integrative Health:** Provides an informative list of complementary health approaches for quitting smoking: <https://nccih.nih.gov/health/tips/smoking>
- **Mayo Clinic:** Offers an overview of quitting, along with an indication of the pros, cons, and cautions to consider when utilizing either of the NRT or non-NRT drugs. <http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/quit-smoking-products/art-20045599?p=1>
- **Office of Disease Prevention and Health Promotion:** Prepares smokers to quit by giving them information on the health and economic benefits of quitting. In addition, links to other online smoking cessation platforms for dealing with stressors and increasing motivation are provided. <https://healthfinder.gov/HealthTopics/Category/health-conditions-and-diseases/diabetes/quit-smoking>
- **SmokeFree.gov:** This website offers immediate assistance through numerous interactive materials which help individuals deal with the challenges and stressors of staying smoke free for an extended period of time. <https://smokefree.gov/about-smokefree>
- **American Lung Association:** Helps smokers determine their reasons for quitting. This website provides the next steps to take along with what to expect throughout the process including a “Get Help” topic. There are two programs offered which enable users to take action: <http://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html>
- **American Heart Association:** Includes a listing of organizations that offer personalized support within one’s community, along with their toll-free hotlines. [http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuitSmoking\\_UCM\\_001085\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp)

### **Toll-Free Hotlines**

<b>American Cancer Society</b>	<b>1-800-ACS-2345 (1-800-227-2345)</b>
<b>American Lung Association</b>	<b>1-800-LUNGUSA (1-800-586-4872)</b>
<b>National Cancer Institute</b>	<b>1-877-44U-QUIT (1-877-448-7848)</b>
<b>National Institutes of Health</b>	<b>1-800-QUITNOW (1-800-784-8669)</b>

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## **Quit Smoking Programs:**

- **BecomeAnEx:** This resource includes an active social community, text and email messaging support, expert guidance and interactive quitting tools. Research shows that following the BecomeAnEX quit plan quadruples a tobacco user's chance of quitting. <https://www.becomeanex.org/>
- **Delaware Quitline:** If you want to quit smoking, the Delaware Division of Public Health offers the Delaware Quitline—a powerful tool to help adult smokers who are ready to kick the habit. <https://dhss.delaware.gov/dhss/dph/dpc/quitline.html>
- **Get Healthy Philly:** A program under the Philadelphia Department of Public Health that aims to promote and provide both healthy and smoke-free environments for residents within the area. <https://www.phila.gov/programs/tobacco-policy-and-control-program/>
- **JeffQuit:** A hospital based smoking cessation initiative within the region that seeks to gradually decrease amounts of nicotine while addressing withdrawal symptoms. <http://hospitals.jefferson.edu/departments-and-services/jeffquit/>
- **LiveWell:** A program focused on achieving optimal health by providing comprehensive health management programs and services. Presents a list of free programs in the area that concentrate on quit smoking programs. <https://einsteinlivewell.com/programs/quit-smoking/>
- **New Jersey Quitline:** Provides support 7 days a week with a tobacco cessation coach. Allows individual access to information and programs promoting a tobacco-free lifestyle. <https://www.njquitline.org/>
- **Pennsylvania Department of Health:** Whether you are thinking about quitting, are not yet ready to quit, or have already quit, PA Free Quitline can help you with each step of the way. <https://pa.quitlogix.org/en-US/>
- **SmokeFreePhilly:** Provides quit tools and tips to help individuals quit smoking. <http://smokefreephilly.org/>
- **Southeastern Pennsylvania Tobacco Control Project (SEPA TCP):** This project is committed to improving the integration of tobacco control services in seven Southeastern Pennsylvania (SEPA) counties. They provide comprehensive tobacco prevention and treatment services, in conjunction with Pennsylvania's Department of Health in their efforts to address tobacco use, smoke pollution, and tobacco-related health disparities. <http://www.sepatobaccofree.org/>

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## Alternative Quit Smoking Tools:

### TECHNOLOGICAL - Free Phone Applications:



**Kwit: ★★★★★** – Originally developed in France, Kwit is founded on the concept of Gamification which is a tool used for motivation. It focuses on behavior change by helping individuals stick to their decision to quit, through the empathy based approach for positive reinforcement. <http://kwit.fr/>



**Livestrong MyQuit Coach: ★★★★★** – Inspires and empowers people to accomplish their goals of living a healthy lifestyle. This app is exclusively for Apple users, and offers a personalized quitting plan to not only help smokers quit, but to help them set realistic goals. <https://itunes.apple.com/us/app/livestrong-myquit-coach-dare-to-quit-smoking/id383122255?mt=8>



**Smoke Free: ★★★★★** – Generates a map based on where one's cravings congregate. The unique thing about this app is that it is an ongoing randomized control trial, the first of its kind to be conducted exclusively using an app. It is a voluntary app, and can still be used without having to participate in the study. <http://smokefreeapp.com>



**Craving to Quit: ★★★★★☆** – Is a 21 day mindfulness training solution based on randomized clinical control trials. This app provides daily instruction through playlists of audio and video tracks, goal-setting tools, and daily reminders. <https://www.cravingtoquit.com>



**Quit Smoking-Quit Now!: ★★★★★☆** – The app has real-time statistics that help individuals cope with anxiety, the time since last cigarette smoked, the number of cigarettes avoided, and the amount of money saved. It also provides users with health indicators as recommended by the World Health Organization. <http://quitnowapp.com/en#Downloads>



**QuitGuide:** An app that helps individuals understand their smoking patterns and assists them with building the skills needed to become and stay smoke free. <https://smokefree.gov/tools-tips/apps>

\*\* Please visit <https://www.healthline.com/health/quit-smoking/top-iphone-android-apps> for more information and to view more apps. \*\*

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## **Coverage of OTC and Rx Smoking Cessation Products/Medications:**

- According to the Centers for Disease Control and Prevention (CDC), there are three forms of Nicotine Replacement Therapy (NRT) drugs which are registered as over the counter (OTC) drugs. The inhaler and nasal spray are the two remainder NRT drugs that require prescription along with the two non-NRT drugs, Varenicline (Chantix) and Bupropion SR (Zyban).  
[http://www.cdc.gov/tobacco/quit\\_smoking/cessation/coverage/index.htm](http://www.cdc.gov/tobacco/quit_smoking/cessation/coverage/index.htm)

### **OTC Medications**

**Nicotine Patch**

**Nicotine Gum**

**Nicotene Lozenge**

### **Rx Medications**

**Inhaler (NRT)**

**Nasal Spray (NRT)**

**Varenicline (Non-NRT)**

**Bupropion SR (Non-NRT)**

## **Cessation Program Insurance Coverage:**

- **Tobacco Cessation Treatment: What Is Covered** – The Affordable Care Act (ACA) and other federal laws and rules require most health insurance plans in the U.S. to cover some level of tobacco cessation treatments. The American Lung Association provides a general overview on coverage according to insurance type. <https://www.lung.org/policy-advocacy/tobacco/cessation/tobacco-cessation-treatment-what-is-covered>
- **State Tobacco Cessation Coverage:** The American Lung Association’s Cessation Coverage Database which allows employers to search for cessation coverage in each state. <https://www.lung.org/policy-advocacy/tobacco/cessation/state-cessation-coverage>

## Cost Effectiveness of Quit Smoking Programs:

There are a limited amount of scientific studies that measures the effectiveness and economic benefits of quitting. Below are a few studies that may help guide employers' decisions in advocating for quit smoking programs:

- **Cost-effectiveness of smoking cessation and the implications for Chronic Obstructive Pulmonary Disease (COPD):** <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2707159/>
- **Effects of Large Financial Incentives for Long-Term Smoking Cessation A Randomized Trial:** <https://www.jacc.org/doi/full/10.1016/j.jacc.2016.04.066>
- **Projected Cost-effectiveness of Smoking Cessation Interventions in Patients Hospitalized With Myocardial Infarction:** <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/226356>
- **A Randomized, Controlled Trial of Financial Incentives for Smoking Cessation:** <http://www.nejm.org/doi/full/10.1056/nejmsa0806819>
- **Repeated Tobacco-Use Screening and Intervention in Clinical Practice Health Impact and Cost Effectiveness:** <https://pubmed.ncbi.nlm.nih.gov/16777544/>

## State Tobacco Cessation Medicaid Coverage for GPBCH Regions:

Legend: ✓ = Covered    - = Coverage Varies    ✗ = Not Covered

FDA Approved Medications	Pennsylvania	New Jersey	Delaware
Nicotine Gum	✓	-	✓
Nicotine Patch	✓	✓	✓
Nicotine Nasal Spray	-	-	✓
Nicotine Lozenge	✓	-	✓
Nicotine Inhaler	-	-	✓
<b>Rx Medications:</b>			
Varenicline (Chantix)	-	✓	✓
Bupropion (Zyban)	✓	✓	✓
<b>Other Resources:</b>			
Group Counseling	-	✗	✗
Individual Counseling	✓	-	✓

**State Employee Health Plan Coverage for GPBCH Regions:**

Legend: ✓ = Covered    - = Coverage Varies    ✗ = Not Covered

FDA Approved Medications	Pennsylvania	New Jersey	Delaware
Nicotine Gum	✓	✓	✓
Nicotine Patch	✓	✓	✓
Nicotine Nasal Spray	✗	✓	✓
Nicotine Lozenge	✗	✓	✓
Nicotine Inhaler	✗	✓	✓
<b>Rx Medications:</b>			
Varenicline (Chantix)	✓	✓	✓
Bupropion (Zyban)	✓	✓	✓
<b>Other Resources:</b>			
Group Counseling	✗	-	-
Individual Counseling	✗	-	✓
Phone Counseling	✓	✗	✓
No Tobacco Surcharge	✓	-	✓