

Tobacco Cessation Programs at Participating Hospitals



Deciding to quit smoking or stop using chewing tobacco is one of the best decisions you can make for your own health and for the health of those around you.

Did you know?

- 20 minutes after your last cigarette, your blood pressure drops to normal.
- Three days after your last cigarette, breathing becomes easier.
- Two weeks after your last cigarette, walking becomes easier.
- Five years after your last cigarette, your risk of lung cancer decreases.
- If you smoke a pack of cigarettes a day, you will spend approximately \$150 per month on cigarettes and \$1,825 per year.

For more information on tobacco cessation, go to www.paramounthealthcare.com/quitsmoking

Hospital	Phone Number
ProMedica Toledo Hospital 2142 N. Cove Blvd. Toledo, OH 43606	419-291-8033
ProMedica Defiance Regional Hospital 1200 Ralston Ave. Defiance, OH 43512	419-783-6972
ProMedica Fostoria Community Hospital 501 Van Buren St. Fostoria, OH 44830	419-436-6688
ProMedica St. Luke's Hospital 5757 Monclova Rd., Ste. 28 Maumee, OH 43537	419-893-7848
Firelands Regional Medical Center 1101 Decatur St. Sandusky, OH 44870	419-557-6151
Fisher-Titus Medical Center 272 Benedict Ave. Norwalk, OH 44857	419-668-8101 Ext. 6320
Fulton County Health Center 725 S. Shoop Ave. Wauseon, OH 43567	419-330-2735 Option #3
Lima Memorial Hospital 1001 Bellefontaine Ave. Lima, OH 45804	419-226-5036
MedCentral Health System 335 Glessner Ave. Mansfield, OH 44903	419-526-8455
Wood County Hospital 950 W. Wooster St. Bowling Green, OH 43402	419-354-8887 or 419-354-8987



Paramount's
Tobacco Cessation
Benefits and Programs

Ways we can help you

QUIT NOW!

Why should you be tobacco-free?

There are many reasons to avoid tobacco use—the most important is your health.

Tobacco use is the single most preventable cause of death. Time and again studies have proved the severe consequences of tobacco use, yet millions of people make the choice to start using each year.

Understanding the effects of tobacco use includes knowing the toll that it can take on your health ...

- **Asthma:** Tobacco smoke is a powerful asthma trigger—whether you're smoking or someone near you is. Tobacco smoke can worsen asthma symptoms by irritating already inflamed airways.
- **Teeth and gum problems:** Bad breath and stained teeth are just surface problems. Tobacco can also cause gum disease and receding gums, which can lead to your teeth falling out.
- **Continued use:** Long-term tobacco use has many risks. It increases your chances for multiple types of cancer, including lung, larynx, esophagus, mouth, and pharynx cancers. Smokers are also two times more likely to die from heart attacks than nonsmokers.

Paramount offers options to help you resist tobacco.



1 Covered Medications*

The following tobacco cessation drugs are covered in the drug benefit at generic and preferred brand copayments:

- Gum
- Inhaler
- Nasal spray
- Patch
- Lozenge
- Chantix (varenicline)

Additional drug therapies, such as antidepressants, are covered subject to generic and step therapy rules. These drugs include:

- Bupropion
- Clonidine
- Nortriptyline

* *Quantity limits may apply.*

Note: If a product line or employer does not offer a drug benefit, there is no coverage under Paramount's program. In this case, you will be directed to our prescription provider or another local source for assistance with nicotine replacement therapy or other cessation products.

2 Local Hospital Programs

Tobacco cessation programs offered at in-plan hospitals and ancillary providers are covered in full as a preventive service. If there are not programs offered through local in-plan hospitals or ancillary providers, authorization is needed for any other provider to be covered under this benefit. Out-of-network providers are covered *only* if there is an out-of-network benefit on the product, and *only* at the base or standard level of benefits for the product or benefit package.

Note: If necessary, programs may be repeated. Paramount's Tobacco Cessation Program does not require a certificate of cessation class completion to pay claims for the cessation program or products.

Tobacco cessation programs are a covered benefit subject to your medical plan benefit at participating hospitals only. If your participating hospital is not listed on the next page, contact the hospital in question and speak with the facility's pulmonary department for information on the tobacco cessation programs they offer.

3 Ohio Quit Line

Paramount partners with the Ohio Quit Line to provide free NRT and counseling for our members. Call 1-800-784-8669 (1-800-QuitNow) to sign up.