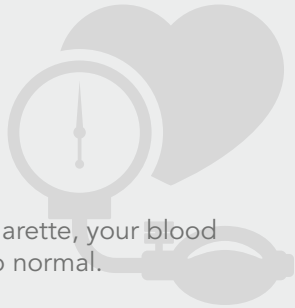


Did you know?

20
MINUTES

after your last cigarette, your blood pressure drops to normal.



3
DAYS

after your last cigarette, breathing becomes easier.



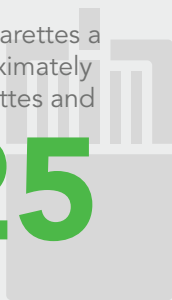
2
WEEKS

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.



paramounthealthcare.com

Tobacco Cessation



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 twice as likely to die from heart attacks compared to non-smokers.

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.

For more information on tobacco cessation, visit paramounthealthcare.com.

Let us help you quit the habit!

Covered Medications

Quantity limits may apply

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

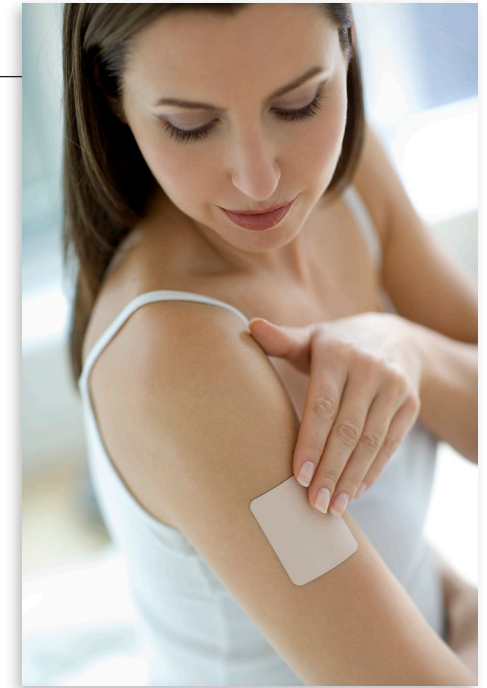
- Gum
- Inhaler
- Nasal spray
- Patch
- Lozenge
- Chantix (varenicline)

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

- Bupropion
- Clonidine
- Nortriptyline

In addition, we do not recommend vaping devices for tobacco cessation.

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.



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 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. Contact your preferred hospital and speak with the facility's pulmonary department for information on the tobacco cessation programs they offer.

Michigan and Ohio Quit Lines

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