



SMOKING CESSATION RESOURCES

Please find below several advocacy programs and resources that are available to Loyola's faculty & staff members to support smoking cessation—leading to a healthier lifestyle.

Perspectives Employee Assistance Program (EAP)

Username: LOY500

Password: perspectives

Website Navigation

Once you are logged into the Perspectives website, please select "Health," and choose "Smoking" to access many smoking cessation videos and articles, including a *55 days to quitting* program.

Contact

1-800-456-6327

Appointment times/General Information

Licensed professionals are available for appointments on weekdays from 8:00AM to 6:00PM. In addition, Perspectives offers 24-hour/7-day-a-week emergency services.

Aetna Tobacco Cessation Journeys

Aetna Tobacco Cessation Journeys* program provides you with multi-stage lessons that can guide you through the process of quitting tobacco permanently. Online courses include:

- **TOBACCO CESSATION: MAKE YOUR DATE TO QUIT (2 STAGES)**
You can quit! Just take it one small step at a time. In this Journey, you will set a date. Then you will start practicing what it is like to be smoke-free by starting to say good-bye to those triggers. It is all about being ready when your quit date comes.
- **TOBACCO CESSATION: NOT READY TO QUIT (3 STAGES)**
Not ready to quit? Not a problem. This Journey is about getting to know the routines, motivations, and triggers in your life that lead to a smoke. Step back and see your smoking from a new angle—on your terms and your timeline.
- **TOBACCO CESSATION: READY, SET, STOP SMOKING! (4 STAGES)**
You can quit smoking once and for all by practicing one small, doable—even fun—step at a time. First, set your quit date. Then start prepping your mind, body, and environment. When your quit date arrives, you will be ready to stop!

- **TOBACCO CESSATION: STAY ON TRACK, STAY QUIT (3 STAGES)**
Even the most devoted quitters face temptation. Practice easy ways to build the new life you want and the habits you need to stay quit for good.
- **TOBACCO CESSATION: SMOKELESS TOBACCO TAKEDOWN (4 STAGES)**
This Journey is for smokeless tobacco users who are ready to quit in the next few weeks or months.

To get started, go to www.Aetna.com/Loyola and log in to your secure member website. Click on the Health Assessment link under the "Stay Healthy" icon to answer some health questions in the Health Assessment. After taking the health assessment, results will show particular areas employees may wish to focus on to improve their health. Online health coaching programs ("Journeys") will become available to you on the topic of smoking cessation, among a variety of health and wellness coaching topics.

**Aetna's Journeys program is only available to participants enrolled in one of Loyola University Chicago's medical plan options.*

Affordable Care Act: Preventive Services & Tobacco Cessation Coverage

Members who wish to learn more about tobacco cessation coverage under their Aetna plan should call the number located on the back of their member ID card or log in to the [Aetna member portal](#).

- Learn more: Aetna Smoking Tobacco Cessation Flyer

Centers for Disease Control and Prevention (CDC) – *Savings Lives, Protecting People*

For practical information on how to quit smoking, please visit the CDC's [website](#) for helpful resources, including access to:

- Information about starting a *Quit Plan* today
- Material about managing your cravings
- An option to sign-up to receive free 24/7 smoking cessation assistance texted to your mobile phone.

Illinois Tobacco QuitLine

The free [Illinois Tobacco QuitLine](#) provides you with an opportunity to speak with a professional smoking cessation counselor in order to learn about local smoking cessation resources in Illinois.

Contact

1-866-QUIT-YES (1-866-784-8937).

- Counselors are on call 7 days a week from 7:00AM – 11:00PM to provide the support you need to break the habit!

Smokeless Tobacco Cessation Resources

Targeted support is also available for those wanting to quit smokeless tobacco. Visit www.MyLastDip.com to learn more about a free and easy web-based smokeless tobacco cessation project.

Tobacco Cessation Products

Medicine and products for quitting smoking or chewing tobacco are considered no-cost preventive services. For a list of covered products, please refer to the No-Cost Preventive Care List at www.caremark.com.

Note: Your doctor must write a prescription for these preventive services to be covered by your plan, even if they are listed as over-the-counter.