



To support our members' efforts to quit tobacco use, QualChoice offers a free Kick the Nic! 12-week program for new and renewing group members.



The Quality Choice for Stopping Tobacco Use

What's Involved

The program includes the help of a trained health coach, limited free doctor visits and (if prescribed) free prescriptions of Chantix®, a medicine to help adults quit smoking. The U.S. Surgeon General's office reports that 33% of smokers using Chantix were able to quit after six months. The *Kick the Nic!* program has seen even better results, with 39% of smokers staying smoke free six months after the program has ended.

How to Join

To sign up, group members must call one of our *Kick the Nic!* health coaches, who have been trained in stopping tobacco use. Coaches give members an action plan for quitting any type of tobacco use. A *Kick the Nic!* voucher is included, which entitles the member to two free primary care doctor visits for stopping tobacco use, with no co-payment.

Program Benefits

If the member and their doctor decide that medicine is needed, QualChoice covers Chantix® (varenicline) for three months, as well as other aids such as nicotine replacement therapy. Another three months of treatment may be added. Members can also stay in touch with their health coach as long as they like!

To learn more about our *Kick the Nic!* program, call Customer Service at 501.228.7111 or 800.235.7111 and ask to speak to a health coach.

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KICK the Nic!

Stop-smoking program from QualChoice

Diagnosis Code: F17.200 – Tobacco Use Disorder, used with one of the following:

99406 – Smoking and tobacco use cessation counseling visit; intermediate

99407 – Smoking and tobacco use cessation counseling visit; intensive

Dear Physician,

Our member _____ / _____
MEMBER NAME MEMBER ID NUMBER

is participating in QualChoice's 12-week **Kick the Nic!** stop-smoking program. For this QualChoice member, varenicline (Chantix®) will be covered as a 100% preventive benefit with no member responsibility for payment. To receive reimbursement for an office visit which pertains to the member's smoking and tobacco use cessation, please include the code on the left, with the appropriate E&M code, on your claim reimbursement form.



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QCARE, our personal health and wellness management program, offers support and learning tools for QualChoice members. This keeps our healthiest members healthy and gives those with chronic illness the special attention they need. QCARE is led by a team of health experts including a staff of registered nurses (RNs) and a Medical Director. To learn more to view a list of QCARE programs, visit QualChoice.com; select QCARE Program. *NOTE: Programs vary by group and benefit plan. Check with your benefits administrator.

