

Smoking Cessation Program Offerings

Offering	Description
<p>Tufts Health Plan Public and Member Websites</p>	<p>At tuftshealthplan.com, you can find tools to help you decide if you're ready to quit smoking, learn where to get support, and find resources that can help you succeed.</p> <p>Visit mytuftshealthplan.com, our secure member portal, for additional resources, interactive tools, and an online program to help you quit.</p>
<p>Free Smoking Cessation Program</p>	<p>QuitWorks provides free services to Massachusetts and Rhode Island residents. Ask your health care provider to refer you or you can call the Smoker's Helpline directly at 800.QUIT.NOW (800.784.8669) to verify program eligibility. Participants in the program receive:</p> <ul style="list-style-type: none"> ▶ Smoking cessation telephone-based counseling sessions ▶ Free educational materials ▶ Free website tools ▶ Free Nicotine Replacement Therapy (NRT) may be available through the Smokers' Helpline ▶ Lists of community tobacco treatment programs and resources <p>Contact information:</p> <p>Massachusetts residents: Website: http://makesmokinghistory.org/ Smokers' Helpline: 800.QUIT.NOW (800.784.8669) Spanish: 800.8.DÉJALO (800.833.5256) Deaf/TTY: 888.229.2182</p> <p>Rhode Island residents: Website: http://www.quitnowri.com/ Smokers' Helpline: 800.QUIT.NOW (800.784.8669) Spanish: 800.8.DÉJALO (800.833.5256) TTY/TDD: 800.TDD.1477 (800.833.1477)</p>

continued

Offering	Description
Community Resources	<p>Contact your city or town health department or a local hospital to find out if they offer any classes or have information or materials to support smoking cessation.</p>
Coverage for Smoking Cessation Counseling Services	<p>Commercial Plans: Members in MA and RI (purchased individually or through an employer)</p> <p>Smoking cessation counseling services are covered in full with no cost share for most members. Services include individual, group, and telephonic smoking cessation counseling.</p> <p>Please check your plan benefits for more information.</p>
Coverage for Prescription Smoking Cessation Medications for Tufts Health Plan Members	<p>Commercial Plans: Members in MA and RI (purchased individually or through an employer)</p> <p>If your plan includes Tufts Health Plan’s pharmacy benefit, the following smoking cessation prescription drugs are covered with no cost share for most members:</p> <ul style="list-style-type: none"> ▶ Buprobant™ ▶ Bupropion SR ▶ Chantix® ▶ Nicotrol® Inhaler ▶ Nicotrol® NS Spray ▶ Zyban® (bupropion) <p>Please check your plan benefits for more information.</p>
Over-the-Counter (OTC) Smoking Cessation Products	<p>Commercial Plans: Members in MA and RI (purchased individually or through an employer)</p> <p>Over-the-counter smoking cessation products (such as gums, lozenges, and patches) may be covered in full for most members with Tufts Health Plan’s pharmacy benefit, with a valid prescription from your provider, at the time of purchase.</p> <p>Please check your plan benefits for more information.</p>
Other Resources for Smoking Cessation	<p>American Lung Association freedomfromsmoking.org/ Find information and fact sheets for assistance with quitting, learn the benefits of quitting, and get information about pregnancy and smoking. ALA also offers a Freedom From Smoking® Online program.</p> <p>American Cancer Society cancer.org Call 800.227.2345 24/7 to get answers to your questions about cancer. Visit the website for resources and information about quitting tobacco.</p> <p>Smokefree.gov Online resource providing free, evidence-based information and professional assistance to help support short and long-term quit smoking needs.</p>

DISCRIMINATION IS AGAINST THE LAW



Tufts Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Tufts Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Tufts Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Tufts Health Plan at 800.462.0224.

If you believe that Tufts Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Tufts Health Plan, Attention:

Civil Rights Coordinator Legal Dept.

705 Mount Auburn St. Watertown, MA 02472

Phone: 888.880.8699 ext. 48000, [TTY number — 800.439.2370 or 711]

Fax: 617.972.9048

Email: OCRCoordinator@tufts-health.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Tufts Health Plan Civil Rights Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW

Room 509F, HHH Building Washington, D.C. 20201

800.368.1019, 800.537.7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

tuftshealthplan.com | 800.462.0224

For no cost translation in English, call the number on your ID card.

Arabic للحصول على خدمة الترجمة المجانية باللغة العربية، يرجى الاتصال على الرقم المدون على بطاقة الهوية الخاصة بك.

Chinese 若需免費的中文版本，請撥打 ID 卡上的電話號碼。

French Pour demander une traduction gratuite en français, composez le numéro indiqué sur votre carte d'identité.

German Um eine kostenlose deutsche Übersetzung zu erhalten, rufen Sie bitte die Telefonnummer auf Ihrer Ausweiskarte an.

Greek Για δωρεάν μετάφραση στα Ελληνικά, καλέστε τον αριθμό που αναγράφεται στην αναγνωριστική κάρτα σας.

Haitian Creole Pou jwenn tradiksyon gratis nan lang Kreyòl Ayisyen, rele nimewo ki sou kat ID ou.

Italian Per la traduzione in italiano senza costi aggiuntivi, è possibile chiamare il numero indicato sulla tessera identificativa.

Japanese 日本語の無料翻訳については ID カードに書いてある番号に電話してください。

Khmer (Cambodian) សម្រាប់សេវាបកប្រែដោយឥតគិតថ្លៃជា ភាសាខ្មែរ សូមទូរស័ព្ទទៅកាន់លេខដែលមាននៅលើប័ណ្ណសម្គាល់សមាជិករបស់អ្នក។

Korean 한국어로 무료 통역을 원하시면, ID 카드에 있는 번호로 연락하십시오.

Laotian ສຳລັບການແປພາສາເປັນພາສາລາວທີ່ບໍ່ໄດ້ເສຍຄ່າໃຊ້ຈ່າຍ, ໃຫ້ໂທຫາເບີທີ່ຢູ່ເທິງບັດປະຈຳຕົວຂອງທ່ານ.

Navajo Doo bááh ilíní da Diné k'ehjí álnéehgo, hodiilnih béésh bee haní'é bee nées ho'dílzingo nantinígíí bikáá'.

Persian برای ترجمه رایگان فارسی به شماره تلفن مندرج در کارت شناسایی تان زنگ بزنید.

Polish Aby uzyskać bezpłatne tłumaczenie w języku polskim, należy zadzwonić na numer znajdujący się na Pana/i dowodzie tożsamości.

Portuguese Para tradução grátis para português, ligue para o número no seu cartão de identificação.

Russian Для получения услуг бесплатного перевода на русский язык позвоните по номеру, указанному на идентификационной карточке.

Spanish Por servicio de traducción gratuito en español, llame al número de su tarjeta de miembro.

Tagalog Para sa walang bayad na pagsasalin sa Tagalog, tawagan ang numero na nasa inyong ID card.

Vietnamese Để có bản dịch tiếng Việt không phải trả phí, gọi theo số trên thẻ căn cước của bạn.