



County Employee Benefits  
Consortium of Ohio

**CEBCO**

*Health & Wellness*

## **Tobacco Cessation Resources**

### **Quit Line**

The Quit is free of charge to CEBCO members over the age of 18. Members wishing to take advantage of the services listed below should call 1-800-QUIT-NOW. Members should state that CEBCO is their health plan when calling.

- Five (5) sessions of one-on-one personalized coaching, along with educational materials.
- 8 weeks of NRT (Nicotine Replacement Therapy):
  - Patches – Two (2) 28-day supplies
  - Gum – Two (2) shipments (100 count); or
  - Lozenges – Two (2) boxes (72 count)

### **Prescription Benefits**

Members wishing to try the medications listed below should make an appointment with their doctor, as these medications require a prescription in order to obtain.

- These medications have a \$0 co-pay for two (2) 90 day prescriptions:
  - Nicotine Inhaler
  - Nicotine Nasal Spray
  - Bupropion (known as Zyban)
  - Varenicline (known as Chantix)
- These medications have a co-pay:
  - Nortriptyline (known as Aventyl)
  - Clonidine (known as Catapres)

### **CEBCO Online**

Members wishing to explore additional tobacco cessation resources should visit us on the web at [www.cebco.org](http://www.cebco.org) and go to the Wellness tab, then click on Tobacco Cessation.