



Ready to quit smoking?

The use of cigarettes and other tobacco products is the single most preventable cause of disease, disability and death in the United States, according to the Michigan Department of Health and Human Services. Blue Cross Complete of Michigan's Tobacco Quit Program is a free, phone-based support program. Each phone session with your personal nurse health coach can help you overcome the urge to use tobacco.

The program offers

- Help creating a plan to quit smoking or chewing tobacco
- Guidance, support and encouragement to stick with your plan to quit
 - Group and individual counseling or coaching
- Medicines to help you quit
- Blue Cross Complete of Michigan covers all of the over-the-counter and prescription medicines that may be used to help you quit using tobacco. These medicines are covered at your pharmacy with a prescription from your doctor. Over-the-counter medicines may include generic forms of these products, such as Nicorette® (gum or patch) and Commit® (lozenge).
- Prescription medicines may include Chantix®, Nicotrol® inhaler, cartridges and nasal spray, generic Zyban® (bupropion) and others.

How to enroll

To enroll in the Tobacco Quit Program, call 1-800-QUIT-NOW (784-8669), 24 hours a day, seven days a week. TTY users should call 1-888-229-2182.

The health benefits of not smoking





Tobacco comes in many forms

- **E-cigarettes** and other electronic nicotine delivery systems allow a user to inhale an aerosol containing nicotine and other substances. They aren't approved quit-smoking devices by the U.S. Food and Drug Administration. They haven't been proven as safe alternatives to other forms of tobacco. The long-term impact of using e-cigarettes — or of secondhand exposure to e-cigarettes — is unknown.
- **Smokeless tobacco**, including spit tobacco and snuff, is readily available in many flavors, including candy flavors appealing to youth. It's important to remember that despite the attractiveness of these products, all smokeless tobacco — no matter what form it takes — poses health risks and has been associated with oral, esophageal, stomach and pancreatic cancers.
- **Cigars**, cigarillos and little cigars are readily available and come in an array of fruit and candy flavors, but the same dangers remain.
- **Dissolvable products** are made either of nicotine gel or of finely ground tobacco pressed into a stick or oval form. Since these oral products involve swallowing tobacco juice, there are increased concerns about oral, esophageal and stomach cancers that could arise among long-term users.

Source: Michigan Department of Health and Human Services

Helpful resources



Your online account

Managing your health is as easy as going online. Visit mibluccrosscomplete.com and log in to your Blue Cross Complete of Michigan online account. You'll be able to see your health history and a list of your current medicines.



Blue Cross Complete mobile app

Find your health information anytime, anywhere on our mobile app. It's available for iPhone and Android smartphones. Visit Google Play™ or the App Store® to download.* It's free. Simply type "**BCCMI**" in the search bar.

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Nondiscrimination Notice and Language Services

Discrimination is against the law

Blue Cross Complete of Michigan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Blue Cross Complete of Michigan does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Blue Cross Complete of Michigan:

- Provides free (no cost) aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Information in other formats (large print, audio, accessible electronic formats)
- Provides free (no cost) 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 Blue Cross Complete of Michigan Customer Service, 24 hours a day, 7 days a week at **1-800-228-8554** (TDD/TTY: **1-888-987-5832**).

If you believe that Blue Cross Complete of Michigan 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:

- **Blue Cross Complete of Michigan Member Grievances**
P.O. Box 41789
North Charleston, SC 29423
1-800-228-8554
(TDD/TTY: **1-888-987-5832**)
- If you need help filing a grievance, Blue Cross Complete of Michigan Customer Service 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, through the Office for Civil Rights Complaint Portal available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, 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
1-800-368-1019
(TDD/TTY: **1-800-537-7697**)

Complaint forms are available at:
hhs.gov/ocr/office/file/index.html.

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