



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.

BlueCross BlueShield of Illinois (BCBSIL)

Blue Cross Blue Shield Digital Self-Management *Tobacco Cessation Program through Well onTarget provides you with weekly lessons that can guide you through the process of quitting tobacco permanently. Innovative lessons through this online course were developed using the most current academic and medical research. Each lesson combines two approaches:

- Current evidence is used to provide education on the physical and social consequences of tobacco use, principles of addiction, treatment options, and tobacco-related health statistics.
- Behavioral in nature, you'll get solid, practical action steps, from creating your own quitting plan to relapse prevention. You will have access to numerous calculators, trackers, tools, and educational materials to support you in your efforts.

Get started at www.wellontarget.com. From the menu, choose Self-management Programs. Scroll to Quitting Tobacco and click the Get Started button.

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

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!

Quitnet by MeYou Health

MeYou Health's [Quitnet](#) program is the world's longest running smoking cessation program! The program is designed to assist you with preparing to quit smoking, and provides you with online support.

- Most of the information is available to you for free. However, you must register first.
 - It is not required for you to purchasing the premium membership.

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.