## CEMEX Quit Tobacco Resources

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<tr>
<th>Provider</th>
<th>Description</th>
<th>Here’s How</th>
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| StayWell (1)(2)                                | Telephonic Health Coaching- provides individualized support and education by phone with a health coach. Spanish speaking coaches available. If tobacco cessation drugs are needed, StayWell will refer you to your medical carrier. *Online Self-Directed Coaching* - this is a self-paced, on demand interactive online coaching tool. *Online Digital Workshop* - a quick online way to learn about quitting, includes a brief article, video and quiz. | Call StayWell at 1-855-847-6810  
Mon- Thu: 8:00 – 8:00 CST  
Fri: 8:00 – 6:00 CST  
Sat: 8:00 – 1:00 CST  
Online at cemex.staywell.com |
| Aetna and BlueCross Blue Shield of TX (BCBS-TX) members (2) | CVS Minute Clinic: Individual Screening and Counseling Services for Tobacco Use at a CVS Minute Clinic facility. | Go to www.minuteclinic.com to find a clinic near you.  
Visit a CVS Minute Clinic (no appointment needed). Present medical ID card, request tobacco cessation counseling. |
| Kaiser Northwest (NW) and Kaiser California (CA) members (2) | Various telephonic and online programs available: *Telephone-counseling program*: It offers structured coaching calls, plus unlimited dial-in access to a support line. | Call Kaiser NW at 1-800-813-2000 or Kaiser CA at 1-800-464-4000.  
Online at www.kp.org/quitsmoking |
| UnitedHealthcare (UHC) members (2)             | Online only “Quit for Life” program.                                         | Call UHC at 1-800-624-8822  
Online at www.quitnow.net  
Enter the health plan name: UnitedHealthcare. |

(1) All employees may use the StayWell quit tobacco program, spouses must be enrolled in the CEMEX medical plan.
(2) Tobacco cessation drugs covered under the medical plan’s prescription drug provisions.