

## CEMEX Quit Tobacco Resources

Provider	Description	Here's How
StayWell <sup>(1) (2)</sup>	<p><u>Telephonic Health Coaching</u>- 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.</p> <p><u>Online Self- Directed Coaching</u>- this is a self-paced, on demand inter-active online coaching tool.</p> <p><u>Online Digital Workshop</u>- a quick online way to learn about quitting, includes a brief article, video and quiz.</p>	<p>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</p> <p><u>Online at <a href="http://cemex.staywell.com">cemex.staywell.com</a></u></p>
Aetna and BlueCross Blue Shield of TX (BCBS-TX) members <sup>(2)</sup>	CVS Minute Clinic: Individual Screening and Counseling Services for Tobacco Use at a CVS Minute Clinic facility.	<p>Go to <u><a href="http://www.minuteclinic.com">www.minuteclinic.com</a></u> to find a clinic near you.</p> <p>Visit a CVS Minute Clinic (no appointment needed). Present medical ID card, request tobacco cessation counseling.</p>
Kaiser Northwest (NW) and Kaiser California (CA) members <sup>(2)</sup>	<p>Various telephonic and online programs available:</p> <p><u>Telephone-counseling program</u>: It offers structured coaching calls, plus unlimited dial-in access to a support line.</p>	<p>Call Kaiser NW at 1-800-813-2000 or Kaiser CA at 1-800-464-4000.</p> <p><u>Online at <a href="http://www.kp.org/quitsmoking">www.kp.org/quitsmoking</a></u></p>
UnitedHealthcare (UHC) members <sup>(2)</sup>	Online only “Quit for Life” program.	<p>Call UHC at 1-800-624-8822</p> <p><u>Online at <a href="http://www.quitnow.net">www.quitnow.net</a></u>            Enter the health plan name:            UnitedHealthcare.</p>

(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.