



NEED HELP QUITTING?

BREATHE. WE'VE GOT THIS.



Don't let smoking or tobacco use get in the way of a healthy lifestyle.
CALL WELLMARK TODAY.

If you smoke or use tobacco, chances are you've tried to quit — maybe more than once. It isn't easy, but you don't have to go it alone.

We're here to help.

Most Wellmark health plans cover services to help you quit tobacco use — at no cost to you. This includes prescription drugs and products like nicotine patches.

If you can't quit the first time, don't worry. Quitting tobacco isn't easy. That's why you're covered for two 90-day treatments per benefit year. Or, you can do both treatment periods back-to-back for a total of 180 days. No matter how you decide to quit, Wellmark has your back.

Three simple steps

- 1 CALL THE NUMBER ON THE BACK OF YOUR WELLMARK ID CARD.** A customer service representative will tell you if you're eligible for tobacco cessation services. Or, visit Wellmark.com and log in or register for myWellmark to check your plan's benefits.
- 2 SCHEDULE AN APPOINTMENT WITH YOUR PERSONAL DOCTOR.** This consultation is covered at no cost to you.
- 3 IF YOUR DOCTOR RECOMMENDS MEDICINE OR NICOTINE PATCHES,** have the prescription(s) filled at your pharmacy — free of charge.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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