

**Special Tobacco Cessation Issue**

- **Why Is It So Hard to Quit Smoking?**
- **Are You Ready to Quit?**
- **Which Plan is Right for You?**
- **Resources to Help You**

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**Tobacco Cessation**

Gulfstream established Partners 2 Health last year as a way for the company and employees to work together to achieve better health. Helping employees and their dependents quit smoking or using smokeless tobacco is one of Gulfstream’s contributions to better individual health and a healthier personal environment. This special issue of the P2H Newsletter will provide you with the information and resources you need to quit – for good.

**WHY IS IT SO HARD TO QUIT SMOKING?**

Nicotine, which occurs naturally in tobacco, is a highly addictive drug – comparable to heroin or cocaine. In fact, when nicotine is inhaled via cigarette smoke, it reaches the brain faster than drugs entering the body intravenously. Over time, the body becomes dependent upon nicotine, both physically and psychologically. When a smoker tries to cut back or quit, the resulting nicotine withdrawal is both physical and psychological. To quit successfully and stay that way, both of these addictions need to be overcome.

**Did you know?**

Effective January 1, 2008, Gulfstream will provide **100% coverage** for tobacco cessation medications for employees and spouses at all sites. See page 3 of this newsletter for details!

**ARE YOU READY TO QUIT?**

Only you can make the decision to quit smoking. Mark Twain once said, “Quitting smoking is easy. I’ve done it a thousand times.” Maybe you’ve tried to quit before. Don’t be discouraged. It’s not uncommon for a smoker to make several attempts before quitting for good.

**Making a Commitment – Having a Plan**

A key to successful smoking cessation is to really want to quit. Once you’ve made your decision, make a plan. This includes setting a Quit Day and getting rid of all cigarettes and materials related to smoking. Don’t keep an emergency pack of cigarettes on hand!

When you prepare to set a Quit Day, choose a date within the next month. If your Quit Day is too far in the future, you allow time to talk yourself out of the decision. You may decide to join many others on the day of the Great American Smokeout – the third Thursday of November – which is November 15 this year. Whichever date you choose, circle it on your calendar and make a commitment to quit on that day.

## WHICH PLAN IS RIGHT FOR YOU?

Quitting tobacco is not a one-size-fits-all proposition. There is no one right way. Most tobacco users prefer to quit “cold turkey.” They use tobacco until their Quit Day and then stop completely. Others gradually cut down on their tobacco use over a period of a week or two prior to their quit day. Using this method, the amount of nicotine in your system is reduced over a period of time. This sounds like an easier, more logical way to quit – but in reality, it is difficult.

Here are some ideas to try that can greatly increase your chances of success:

- **Use Tobacco-Cessation Medications**  
Research indicates that using a medication such as bupropion (Zyban), varenicline (Chantix) or a nicotine replacement therapy (NRT) agent like the patch, gum, nasal spray, inhaler or lozenge, can double your chances of successfully quitting. Each of these medications works in a different way.
  - **Bupropion** (brand name Zyban) is a non-nicotine prescription medication that helps reduce the craving for nicotine.

- **Chantix** is the newest tobacco-cessation prescription drug. It works by lessening withdrawal symptoms and diminishing the pleasurable sensations that using tobacco provides.
- **NRT products** address the physical withdrawal symptoms while you concentrate on overcoming the “habit” aspect of using tobacco. Most NRT products are available without a prescription.

- **Get Self-Help Materials to Guide You**  
A wealth of information is available to you through various organizations to help you through the process of quitting tobacco. Learn how to manage your cravings, cope with stress and prevent relapse once you have quit. Resources can be found on the last page of this newsletter.
- **Find an Available Support Program**  
Gulfstream has assembled various programs—depending on availability in your location – to support you in your efforts to quit tobacco. Refer to page 3 of this newsletter for more information.

### ***What Happens After Quitting?***

Quitting smoking has major and immediate health benefits, regardless of age. Here are a few benefits realized after a range of time periods:

- 20 minutes – heart rate and blood pressure drops
- 12 hours –carbon monoxide level in the blood drops to normal
- 2 weeks to 3 months – circulation improves and lung function increases
- 1 to 9 months – coughing and shortness of breath decrease; structures in the lungs responsible for handling mucus regain their ability to function
- 1 year – excess risk of coronary heart disease improves to half that of a smoker’s
- 5 to 15 years –stroke risk is reduced to that of a nonsmoker
- 10 years –lung cancer death rate improves to about half that of a continuing smoker
- 15 years –risk of cardiovascular disease improves to that of a nonsmoker’s.

## Resources to Help You

### PRESCRIPTION DRUG COVERAGE

In order to support our employees and their spouses in their effort to quit tobacco, Gulfstream will greatly enhance the pharmacy benefit for tobacco-cessation drugs. Effective January 1, 2008, **Gulfstream medical plans will provide 100% coverage** for generic and formulary brand prescription medications. Examples are:

- Bupropion HCl
- Chantix
- Nicotrol inhaler

If you are covered by a medical plan that uses Medco for pharmacy benefits, simply take your doctor's prescription to your retail pharmacy. Your copay will be zero. The following medical plans use Medco:

- Aetna POS
- Anthem PPO
- Cigna PPO
- Empire BCBS PPO
- Gulfstream Medical Plan Savannah
- United Healthcare PPO (Minneapolis)

If you are enrolled in a plan that does not receive prescription coverage through Medco, tobacco-cessation coverage is not available through your plan. However, a special process has been arranged with CBCA, the third-party administrator for the Traditional Dental and other Gulfstream plans, to reimburse 100% of your cost of these medications. This method will apply to employees covered by one of these plans:

- Kaiser HMO
- Network Health HMO
- PacifiCare POS
- United Healthcare HMO (Appleton)

Here's how to receive your reimbursement:

1. Notify your site's nurse. You will need to provide your (or your spouse's) full name, address and date of birth. The nurse will facilitate your enrollment with CBCA.
2. Take your doctor's prescription to your retail pharmacy and pay full price up front.

3. Obtain a CBCA medical claim form, complete it and attach your receipt. Keep copies of all documentation.
4. Mail to CBCA at P.O. Box 9888, Savannah, GA 31412. Allow 3 to 4 weeks to receive your check by mail.

### OTHER SUPPORT PROGRAMS

Many people find it helpful to seek the support of professionals or groups of fellow quitters when they give up tobacco. Here are a few options which will be available **January 1, 2008**, just in time for your New Year's resolution:

- Network Health HMO offers the *Call It Quits* program for all **Appleton** employees, whether they are enrolled in that plan or not. For information or to enroll, call Nadine Chambers at (920) 735-7087.
- PacifiCare POS offers the telephonic program *Free & Clear* to all members in **Burbank, Lincoln and Long Beach**. This program features scheduled telephonic appointments with a tobacco-cessation counselor. Call 800-913-9133 to get details or enroll.
- Aetna will offer the Healthy Roads *Quit & Fit* tobacco cessation program to its **Dallas and Las Vegas** members. This program provides telephone-based coaching sessions, educational material, Web services and more. Call 877-330-2746.
- Memorial Health will offer their *Stop Smoking Now* course in **Brunswick and Savannah**. This course consists of 4 weekly classes 1½ hours in length. Call the Benefits Dept. to get information or enroll.
- Cigna PPO, a new medical plan option for **Minneapolis and Westfield** beginning January 1, 2008, will offer the *Quit Today* program to all members. After January 1, call Cigna at 1-800-870-3470 for information.
- Memorial Health will present a special *Stop Smoking Now* course for **West Palm**

**Beach** employees in first quarter 2008.  
Details will be available soon.

smoking on the Web site of the American Cancer Society: Go to [www.cancer.org](http://www.cancer.org). Look on the left side of the home page for the heading “Find It Fast,” then click on “Guide to Quitting Smoking.”

**Quitting smoking is the single most important and significant thing you can do for your health.** Learn more about why and how to quit



## 2007 Resources

**For an easier way to access online resources, go to [www.partners2health.com](http://www.partners2health.com) and select your site from the navigation menu on the left. Then follow the instructions below.**

If this is your medical plan:	Here’s how to access your Health Risk Assessment:	Log on to your health information Web site here:	Find disease management information here:
<b>Aetna POS</b>	Click on the links to Simple Steps for a Healthier Life and log in or register.	Click on the link for Aetna POS. Select “Members and Consumers,” then “Health Information,” then “IntelliHealth.” Or you can go directly to <a href="http://www.intellihealth.com">www.intellihealth.com</a> .	Click on the link for Aetna POS. Select “Members and Consumers,” then “Products and Programs,” and finally “Disease Management” for information on Aetna’s Healthy Outlook program. Or you can call Aetna Customer Service at 1-888-562-7822.
<b>CIGNA International</b>	Choose Expatriates on the navigation menu, then click on CIGNA International and log in or register. You will be transferred to an assessment tool called HealthQuotient.	Choose Expatriates on the navigation menu, then click on the link under “Health Information Web Site.” First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want.	Call Healthy Returns, sponsored by Memorial Health Partners, toll-free at 1-800-551-6923.
<b>Empire BCBS PPO</b>	Click on the link to Empire BCBS PPO, then select “Take Health IQ,” a health risk assessment in the upper right hand corner, under Tools and Information. Log on to “Member Online Services,” then click on “Access My Health” to take the HRA.	Click on the link to Empire BCBS PPO.	Call Member Services at the number listed on your ID card: 1-877-378- 2455.
<b>Gulfstream Medical Plan Savannah</b>	Click on the link to “Health Information Web Site.” First-time users will be instructed to establish a login and password. Once logged in, select “My Assessments” on the left of the home page or click on “Take Your Health Risk Assessment.”	Click on the link to “Health Information Web Site.” First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want.	Call Healthy Returns, sponsored by Memorial Health Partners, toll-free at 1-800-551-6923.
<b>Network Health</b>	HRAs with screenings are offered onsite once per year in autumn. Check with Human Resources for more information.	Click on the link to Network Health” and log in. You will need your member ID to register. Once logged in, choose “Health Resources.” Resources available include “Medline Plus Consumer Health Info,” “Affinity’s Tips for Better Health,” and links to other resources.	Call Network Health at 1-800-236-0208 for information.
<b>PacifiCare</b>	Click on the link to PacifiCare. Next choose “Member/Visitor,” then select “California” under “I reside in...” and	Click on the link to Pacificare. Next choose “Member/Visitor,” then select “California” under “I reside in...” and click “Go.” From	Call PacifiCare Member Services at 1-800-913-9133.

	click on "Go." From there, choose "Health and Wellness," then "Health Risk Assessment" from the menu on the left.	there, choose "Health and Wellness," then select the topic you want.	
<b>United Healthcare</b>	Click on the link to United Healthcare and log in or register. Then click on "Health Topics and Tools" followed by "Assess and Improve Your Health."	Click on the link to "United Health Wellness" and log in. Click on "Health Topics and Tools," then select the topic that interests you.	Call United Healthcare at 1-866-633-2446.