



BENEFITS & WELLNESS

Breathe Easy

While your health and wellness is always top of mind, that's true now more than ever. If you or a family member are ready to kick a tobacco habit, we offer **free** access to the *Freedom from Smoking PLUS Plan* sponsored by the [American Lung Association](#). This program also includes free nicotine replacement therapy and live support from specialists at the Lung HelpLine. To receive your unique access link to the program, reach out to [HR Shared Services](#). Participation is confidential.



Our Anthem Health Plans and Employee Wellness Centers also offer free tobacco cessation products and coaching.

Partner with Your Family Doctor

Tobacco cessation is covered 100% under Anthem's Preventive Care benefit services. If you elect coverage on a Monument health plan, simply call your doctor's office to schedule an appointment to discuss your quitting options. To avoid an office visit charge, you must keep the appointment to only tobacco cessation. If you ask about any other conditions/ailments, your visit may be coded otherwise and you'll be charged for the visit.

The following tobacco cessation products are free when prescribed by a doctor:

- Chantix
- Nicoderm CQ (the patch)
- Nicorette Gum/Lozenges
- Nicotrol products
- Zyban/Bupropion

If you're visiting your family doctor and haven't completed your Annual Wellness Physical yet, why not schedule it at the same time. You'll be able to earn up to \$100 through the Wellness Program. Your wellness physical is also a **free benefit service** provided by your Anthem health plan. (If your spouse is covered by a Monument health plan, s/he can earn \$100, too!)

Visit an Employee Wellness Center

The Employee Wellness Centers also offer tobacco cessation coaching. Please note: You must be covered by a Monument health plan to participate. Meet with a doctor to discuss the option that may work best for you. The doctor can write a prescription for the products listed above which are covered 100% by your Monument health plan.

COVID-19 WELLNESS RESOURCE GUIDE

If you need additional resources like our Employee Assistance Program or other resources for mental or emotional support, or information about the ONE Heritage Fund for financial support, reference our wellness resources guide.

DOWNLOAD THE COVID-19 WELLNESS GUIDE

Questions?

Please contact your manager or HR business partner if you have questions, or if you or an immediate family member have been exposed/diagnosed with COVID-19. For any other questions, please contact [HR Shared Services](#) or call **(800) 303-0408**.