

Tobacco Cessation Programs

Tobacco Cessation 4 week class

Sessions include the effects on nicotine, how to identify where members are in the quit process, the elements of a solid plan, and how developing a plan and getting support can help members quit for good. Nicotine Replacement Therapy (NRT) or prescription helper medication will also be addressed.

Minimum of
25 participants
required

Series includes
participant
handouts and
satisfaction survey

Eight week
notice required
to confirm class

Available onsite
or view
live webinar

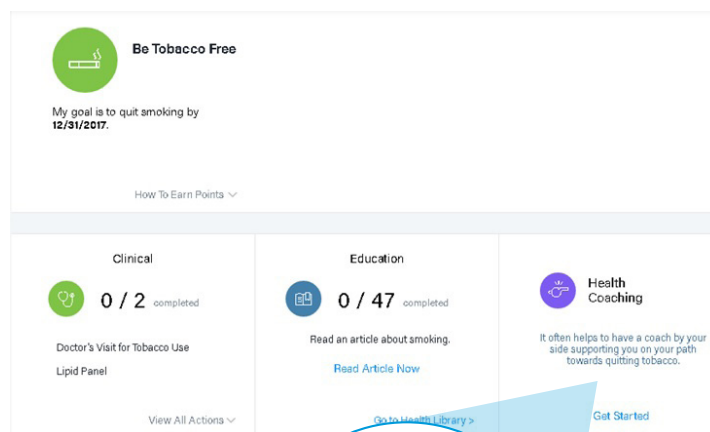
Digital Coaching

As part of your Blue Cross and Blue Shield of Kansas City (Blue KC) A Healthier You™ program, members are eligible to participate in free online health coaching! Digital health coaching is based on a proven model of change that comes from over 30 years of research and includes an average quit rate of 26% after 3 months.

Program completion consists of 3 completed sessions:

- Complete the first session by answering a questionnaire, getting feedback and review action plan
- Sessions are available monthly (Three are needed to fully complete this program)
- **Personal Activity Education Center is available between monthly sessions**
- **Members can also sign up for text messaging tips to keep the member engaged between monthly sessions**

DIGITAL COACHING IS AVAILABLE IN THE BE TOBACCO FREE CARE PLAN



The screenshot shows the 'Be Tobacco Free' digital coaching interface. At the top, it says 'Be Tobacco Free' with a green circle icon containing a cigarette. Below this, it states 'My goal is to quit smoking by 12/31/2017.' and 'How To Earn Points'. The main content area is divided into three sections: 'Clinical' with a green circle icon and '0 / 2 completed', 'Education' with a blue circle icon and '0 / 47 completed', and 'Health Coaching' with a purple circle icon. The 'Clinical' section lists 'Doctor's Visit for Tobacco Use' and 'Lipid Panel'. The 'Education' section lists 'Read an article about smoking.' and 'Read Article Now'. The 'Health Coaching' section lists 'It often helps to have a coach by your side supporting you on your path towards quitting tobacco.' and 'Get Started'. At the bottom, there is a 'View All Actions' link and a 'Go to Health Library' link.

Click here to
start Digital
Coaching



**Health
Coaching**

It often helps to have a coach by your
side supporting you on your path
towards quitting tobacco.

[Get Started](#)