



Tobacco Cessation Resources at JHU

Medical Provider:

BlueCross BlueShield

Offers telephonic health coaching, health education programs and nicotine replacement therapy under the Rx plan.

www.carefirst.com

Employer Health Programs

Offers telephonic health coaching, health education programs and nicotine replacement therapy under the Rx plan.

www.ehp.org

Kaiser Permanente

Offers health classes and nicotine replacement therapy.

kp.org

Express Scripts

Rx and OTC nicotine replacement products are covered for BCBS and EHP.

www.express-scripts.com

Online Resources:

[American Lung Association](http://www.AmericanLungAssociation.org)

[American Cancer Society](http://www.AmericanCancerSociety.org)

smokefree.gov

[QuitNet](http://www.QuitNet.org)

[1-800-QUIT-NOW](http://1-800-QUIT-NOW.org)

MDQUIT.org