

## No Butts About It

# Smoking Cessation Resources for FSU Employees

As you've already heard by now, Frostburg State University became a smoke-free campus starting August 1, 2011. The Office of Human Resources wants all FSU employees to enjoy the best health possible. Whether you have tried to quit smoking in the past or have just thought about quitting, there is no better time than now to make that lifestyle change.

Did you know that smoking is the #1 cause of preventable death in the United States? Almost half a million people die each year from smoking-related diseases, while many others suffer from chronic illnesses such as emphysema and bronchitis that are attributable to smoking. The good news is that much help is available for FSU faculty and staff members who wish to quit smoking. It is important that everyone be aware of the resources and support available to assist you as you make this lifestyle change.

As employees of the State of Maryland, we are fortunate to have support readily available through our health benefit providers.



Aetna's [InteliHealth web site](#) offers online health and wellness programs which include a topic to help members find ways to quit smoking.



CareFirst BlueCross BlueShield provides members with round-the-clock access to [FirstHelp medical advice](#) toll-free at 800/535-9700. You can talk with a registered nurse about any health care questions, including help to quit smoking.



United Healthcare members have access to their [NurseLine service](#) toll-free at 888/315-7257. Registered nurses are available 24 hours a day to offer advice and support to help you quit smoking. The NurseLine

also allows you to listen to topics in an audio health information library (use PIN code 757).



As the behavioral health plan provider, the [APS Healthcare network](#) provides valuable information on a variety of topics related to smoking cessation (use company code SOM2002 to log in). For example, some of the relevant topics covered include:

- *The Benefits of Quitting Smoking*
- *Guide to Quitting Smoking: Preparing to Quit*
- *Help for Smokers and Other Tobacco Users*
- *Secondhand Smoke*

Each APS article provides references and other links to more information.

Also important to note is that the Catalyst Rx prescription drug plan would cover a smoking deterrent such as Chantix or Zyban prescribed by your physician. In addition, although a Healthcare Flexible Spending Account administered by ConnectYourCare does not cover over-the-counter medications, smoking cessation programs are considered an eligible expense.

The Allegany County Health Department offers a free Quit Tobacco program that incorporates counseling with the use of nicotine patches and lozenges available at no cost to anyone who lives or works in Allegany County.

Call the Health Department at 301/759-5050 for more information or an appointment. OHR hopes to schedule another smoking cessation seminar to introduce interested employees to this Quit Tobacco program early in the fall semester (watch your e-mail for details).



One of our goals in OHR is to assist employees with their healthcare needs and help make FSU a healthier workplace. Contact Lee Ann Nightingale at x4398 or [lnightingale@frostburg.edu](mailto:lnightingale@frostburg.edu) regarding your benefits or any of the available smoking cessation resources. If you are a smoker, *NOW* is a great time to quit.