



Tobacco Cessation Programs and Resources

Where to Start:

- Talk with your Primary Care Physician – Together you can work on a plan that may include prescribed medication or an over-the-counter cessation product. It is always important to have a discussion with your doctor before starting any type of new regimen.
 - Associates covered by ONB medical plans are eligible to receive Prescription Drugs to eliminate or reduce dependency on, or addiction to, tobacco and tobacco products at no copay or deductible. Benefits include FDA-approved smoking cessation products, including over the counter nicotine replacement products, when obtained with a Prescription for a Member age 18 or older.
- Through [ONB Well](#), Activate Healthcare Providers are here to help you develop a FREE personalized plan to work towards quitting tobacco or other nicotine-containing products. Call Activate today at 812-602-3300 to initiate a conversation.
- Consult Old National's Employee Assistance Program (EAP): rsl.acieap.com. Use company code RSL1859 to login in.

Other Tools and Resources:

- **Be Smoke Free:** <http://smokefree.gov/> For free assistance and a customized quit plan, use live chat, smokefree phone apps or talk to a live person by calling the Quit Line at **1-800-QUIT NOW (800-784-8669)**. Provides free one-on-one phone counseling, articles and information, local cessation program referrals, and starter packs of quit smoking medications like nicotine gum, patches, and lozenges.
- **The American Cancer Society:** <http://www.cancer.org/healthy/stayawayfromtobacco/index>
- **American Lung Association:** www.lung.org/stop-smoking Freedom from smoking Program – Offers a program for adult smokers available as a group clinic, online program and self-help book.
- **Join Together Online:** www.quitnet.com
- **Become an "EX":** <http://www.becomeanex.org/> A new way to think about smoking.
- **Department of Health and Human Services Resources:** <http://betobaccofree.hhs.gov/>
- **Smoking Cessation Leadership Center:** <http://smokingcessationleadership.ucsf.edu/>
- **Nicotine Anonymous:** <http://www.nicotine-anonymous.org/> a 12-step fellowship of men and women helping each other live nicotine-free lives
- **Centers for Disease Control and Prevention:** <http://www.cdc.gov/tobacco/index.htm>