

## TOBACCO CESSATION RESOURCES

**1) American Cancer Society:** Tobacco Cessation Program

For more information call 1-888-227-6333;

**Website:**

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/guide-to-quitting-smoking>

**2) American Lung Association:** Tobacco Cessation Classes;

For more information call 1-888-436-3626

**Website:** <http://www.lungusa.org/associations/states/georgia/educational-programs/freedom-from-smoking/>

**3) Georgia Tobacco Quit Line:** 1-877-270-7867

**4) Horizon Health EAP:** 1-877-851-1631; [www.horizoneap.com](http://www.horizoneap.com)

**Login:** standard6 **password:** eap4u6

**5) BCBS Website:** Smoking Cessation Help:

<http://www.bcbsga.com/timewellspent/smoking/home.html>

Nicotine gum, lozenges and patches will be covered under the BCBS medical plans with no co-pay. You must have a prescription from your doctor.