

## 2011-2012 TOBACCO CESSATION PROGRAMS & RESOUCRES

	INDIVIDUAL CONSULTATION EMORY ATLANTA CAMPUS	INDIVIDUAL CONSULTATION EMORY ATLANTA CAMPUS	INDIVIDUAL CONSULTATION OXFORD CAMPUS	FREEDOM FROM SMOKING	QUIT TODAY	QUITNET
<b>THERAPY TYPE</b>	Educational	Medical consultation	Education and medical consultation	Behavioral	Behavioral and medical management	Behavioral and medical management
<b>PROGRAM TYPE</b>	Educational, skill building and referrals	Medication intervention	Education and medication intervention	In-person class	Online programs, and or telephone consultations	Online programs, or telephone consultations
<b>VENDOR</b>	EUSHS Office of Health Promotion	EUSHS clinical providers	Oxford College Health Services	American Lung Association	CIGNA	Humana
<b>PROGRAM SUMMARY</b>	Two sessions focusing on initial coaching, discussion of various cessation approaches and tools, referrals to other resources, both online and face-to-face. Support and strategies for those individuals who are ready to establish a quit date.	Consultation consisting of initial screening interviews, harm reduction and tobacco use prevention education, case management, recovery maintenance, and referrals.	Consultation with health educator or nurse practitioner of various cessation approaches and tools, referrals to other resources, both online and face-to-face. Support group offered Tuesday afternoons.	Emory-sponsored 8-week, facilitated tobacco cessation class.	The online program offers a self-paced personal quit plan, and weekly educational materials. The phone program offers personal coaching, optional phone support groups, and free nicotine replacement therapy.	Calls with a counselor, printed information packet provided, regular e-mails, free nicotine replacement therapy, and personalized online support.
<b>HEALTHCARE PROVIDER INVOLVED</b>	Willie Bannister, LPC	Doctor, PA, NP, RN, or psychiatrist	Health Educator or Nurse Practitioner	Trained facilitators	Personal wellness coach	Trained phone counselors
<b>DURATION</b>	Two sessions	One initial session and then follow-up appointments as needed	Consultations provided as needed	90 min sessions for eight weeks	8 weeks	5 telephone consultations, and online community support
<b>COST PER PARTICIPANT</b>	No charge for office visit	Cost of prescription: dependent on insurance coverage, no charge for office visit	Cost of prescription: dependent on insurance coverage, no charge for office visit	\$50, fee currently waived for participating students	Free to all Cigna members	Free
<b>EHC/EU PROVIDES</b>	Available at Emory Student Health Services	Available at Emory Student Health Services	Available at Oxford College Student Health	Yes	No	No
<b>HOW TO ENROLL</b>	404.727.7551 <a href="http://studenthealth.emory.edu/hp">http://studenthealth.emory.edu/hp</a>	404.727.7450 <a href="http://studenthealth.emory.edu">http://studenthealth.emory.edu</a>	770.784.8634 or <a href="mailto:amanda.p.yu@emory.edu">amanda.p.yu@emory.edu</a> for education	800.LUNG.USA (586.4872) <a href="http://www.lungusa.org">www.lungusa.org</a>	855.246.1873 <a href="http://content.chghealthcare.com/chg/ext_benefits/cigna_quit_today.pdf">content.chghealthcare.com/chg/ext_benefits/cigna_quit_today.pdf</a>	888.572.4074 <a href="http://www.quitnet.com/humana">www.quitnet.com/humana</a>

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	TIME WELL SPENT	ONLINE HEALTH COACH	SMOKEFREE.GOV	QUIT AND FIT	GEORGIA QUIT LINE	1-800-QUIT-NOW
<b>THERAPY TYPE</b>	Educational	Behavioral	Behavioral	Behavioral and medical management	Behavioral	Behavioral
<b>PROGRAM TYPE</b>	Information and educational programs online, and on paper	Comprehensive online program	Comprehensive online program	Personal coaching sessions and nicotine replacement therapy	Personal coaching sessions and referrals	Telephone consultations
<b>VENDOR</b>	Blue Cross Blue Shield of Georgia	United Healthcare	US Dept. of Human Health Services	Aetna Healthyroads Program	Georgia Department of Public Health	CDC
<b>PROGRAM SUMMARY</b>	Participants receive an educational tool kit including informative articles and colorful posters. These can also be accessed online.	Individually-tailored needs assessment that helps members pick a quit date and offers online support for the most stressful times.	Multi-faceted website that guides users through different online, texting, and phone networks to link them to the support that they need.	One kickoff phone session, one general assessment phone session, and one pre-quit phone session. Online educational materials and self-tracking tools.	Counselors help with tobacco cessation, problem solving, skill building, and referrals to medical support.	Phone consultations provide personalized quit plan, coaching, and social support, as well as resources available in the local area.
<b>HEALTHCARE PROVIDER INVOLVED</b>	No	No	Counselors from National Cancer Institute	Smoking cessation specialists	Trained counselors	Trained counselors
<b>DURATION</b>	N/A	5 weeks	Unlimited	Up to four times a month	6 phone consultations	Unlimited
<b>COST PER PARTICIPANT</b>	Free to all Blue Cross Blue Shield members	Free to all United Healthcare members	Free	Free for anyone with Emory student health insurance	Free	Free
<b>EHC/EU PROVIDES</b>	No	No	No	No	No	No
<b>HOW TO ENROLL</b>	<a href="http://www.bcbs.com">www.bcbs.com</a>	<a href="http://www.myuhc.com">www.myuhc.com</a>	877.44U.QUIT (448.7848) <a href="http://www.smokefree.gov">www.smokefree.gov</a>	800.650.2747 <a href="https://www.quitandfit.com">https://www.quitandfit.com</a>	877.270.STOP (877.270.7867) <a href="http://www.livehealthyga.org">www.livehealthyga.org</a>	800.QUIT.NOW (784.8669) <a href="http://www.cdc.gov/tobacco/quit_smoking/">www.cdc.gov/tobacco/quit_smoking/</a>