

## Program Requirements | Nicotine Program



We applaud you for taking the necessary action to stop using nicotine. The *non-premium* Nicotine Program, offered by the Employee Health Plan, is message-based coaching designed to help members quit tobacco or nicotine at no cost.

The program uses an evidence-based approach providing support and guidance from a dedicated health coach, lifestyle changes, and the medications that you and your doctor find most appropriate. The program gives you the skills needed to create lasting behavior change.

### Ready to Quit?

- Scan the QR code or click the logo to download the app and get started in the program.

APPLE



ANDROID



- You can also click [here](#) to create a Healthy Choice account or log in to your portal.

If you do not see the option to enroll in the Nicotine Program or if you've already seen your provider and have a prescription waiting, please contact the EHP Wellness Specialist at 216.986.1050, option 3.

Participation in the Nicotine Program is not part of the Healthy Choice Program. For more information about the Healthy Choice Program, please log into your Healthy Choice portal or visit the Cleveland Clinic Employee Health Plan (EHP) website.

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## What to Expect

### Nicotine Program

#### Step 1

Create or sign into your Healthy Choice portal account and select "Enroll" in the non-premium discount Nicotine Program for support and medication coverage.

#### Step 2

Connect with your health coach through the Healthy Choice portal and complete 16 weekly messages.

#### Step 3

If interested in medications, schedule a visit with your primary care provider (PCP) to discuss your options.

#### Step 4

If medications are prescribed, pick up your approved medication(s), at no charge, from a Cleveland Clinic Pharmacy.

#### Step 5

Continue coaching for support in the program until Dec. 31, or until you have quit nicotine.

#### Step 6

Notify your PCP once you have successfully quit using nicotine.

**Questions? Contact an EHP Wellness Specialist at 216.986.1050, option 3, or visit our website at <https://employeehealthplan.clevelandclinic.org> for more information.**

Under HIPAA, EHP, like other health insurers, is permitted to access health data for the purposes of claims payment, health program development and treatment coverage. As with any of our healthcare plans and programs, plan member privacy is protected in full compliance with HIPAA.

View our privacy policies at [Notice of Privacy Practice](#)

View the nondiscrimination notice at [EHP Non-Discrimination Notice](#)

*Remember:* HIPAA regulations apply to questions you ask about the members of your household covered by the Health Plan.