Tobacco Cessation Resources

UC is committed to providing our faculty and staff with a tobacco-free environment. To support this policy and help those who want to quit smoking, the university offers comprehensive smoking cessation resources for faculty and staff.

All UC-sponsored non-Medicare medical plans provide prescription and over-the-counter tobacco cessation products at no additional cost when prescribed by a physician, along with optional behavioral modification programs to help you quit smoking.

The additional resources here are available through your medical plan—usually at no cost to you.¹

CORE, UC CARE, UC HEALTH SAVINGS PLAN
• Online resources (ucppplans.com > “Manage Your Health”)
• Anthem Health Guide support (844-437-0486)

KAISER PERMANENTE
• Healthmedia Breathe (kp.org/quitsmoking)
• Telephone-based coaching (Northern California: 866-251-4514; Southern California: 866-862-4295)
• On-site counseling, classes and programs (contact your local Kaiser medical center)
• Medication support

UC BLUE & GOLD
• Health Promotion Program for tobacco cessation (Healthnet.com/uc)
• Quit for Life telephone-based coaching (866-784-8454)

WESTERN HEALTH ADVANTAGE
Visit mywha.org/quit for resources online and through your medical group.

¹ This is a summary only; limitations, exclusions, exceptions and other qualifiers may apply. Call the plan or see the plan’s website for plan booklets and detailed benefit information.