

Methodist **Helping You to Be Tobacco-Free**



Methodist values your physical health and well being. Through our wellness programs, we want to help you and your family live a healthy and productive life. The following resources are being offered again to ALL our employees AND eligible dependents.

Medications, Patches & Gum:

- Methodist employees and eligible dependents who are 18 years of age and older covered under the Methodist health care plan can choose from a number of different medications for smoking cessation. For a listing of the covered medications (and co-pays if applicable), call Express Scripts at 1-800-892-5143. *

*Must have prescription from physician.

- Generics are available at no cost for those covered for up to 90 days of therapy per rolling 365 days.
- Chantix is available at no cost for those covered for up to 180 days of therapy per rolling 365 days.

Quit Line: (866) 784-8937 toll-free

Saturday thru Sunday, 7:00 a.m - 11:00 p.m.

Employees, eligible dependents, and enrolled Methodist College students can call the American Lung Association Quit Line any time between 7 a.m. - 11 p.m. The service is FREE and you can call as often as you want.

Acupuncture:

Senara Health & Healing Center & Spa
(formerly Kramer Chiropractic & Accupuncture Center)

7620 N. University, Peoria 693-9600

\$500 for MMCI employees, eligible dependents, and enrolled Methodist College students. Acupuncture for smoking cessation. Flat fee includes all sessions.

Laser Therapy:

Laser Solutions

3100 N. Dries Lane, Suite 103, Peoria 688-0711

\$220 for MMCI employees, eligible dependents and enrolled Methodist College students. Includes 3 sessions.

Laser treatment is applied to your ears, hands and face. Takes about 30 minutes. Most people will be smoke-free in just one session.

150 It Pays To Be Healthy points for session completion