

# Best Practice: Benefits

## Tobacco Cessation Benefits



- All cessation medications and classes free 7 months before policy implementation
  - New Hanover Regional Medical Center
- Offer the following:
  - One month of no-cost NRT patch
    - *Chowan Regional Health Care Foundation*
  - Second month of NRT patch free with counseling
    - *Wake Forest University Baptist Medical Center*
  - Three months supply of NRT patch with counseling at no cost
    - *UNC Hospitals*
  - Counseling and support on paid work time
    - *High Point Regional Health System*
- Waived co-pay for Zyban and Chantix for 6 months
  - *Duke University Health System & WakeMed*
- Extend benefits to spouses & domestic partners
  - *Mission Hospitals & High Point Regional Health System*
- Reward those who have successfully quit (6 months) with \$100 remuneration
  - *FirstHealth of the Carolinas*
- Offer a special of cessation medications to first 50 employees annually
  - *Mission Hospitals*
- Promote the NC Quitline at 1-800-784-8669/1-800-QUIT-NOW and the fax referral form to help providers enroll patients with the quitline