



Pasco County Schools and CareHere have partnered to offer

Beat the Pack Kick the Can

Online CareHere Connect Tobacco Cessation Program is for employees and spouse/dependents (over 18 years) who are covered under the District Health Plan. Onsite Tobacco Cessation Programs will be available to ALL employees.

Participants may complete the program via CareHere Connect and/or with the CareHere Tobacco Cessation Health Coach

Important components of support for success:

- 8 consecutive web-based workshops viewed through CareHere Connect
- Nutrition, Exercise and Mental Health Support
- Development of effective skill sets as they relate to Tobacco Cessation
- Ongoing support for at least one year from the Tobacco Cessation Health Coach and CareHere Provider
- Chantix or other medication available and based on CareHere Physician approval.

What is the cost?

Participants who choose to utilize Chantix Medication will be required to gain prior authorization from health coach to receive Chantix at a \$35 copay. To further obtain medication, participants must continue to work through CareHere Connect Tobacco Cessation program to gain future authorization.

Please speak with your CareHere Provider for more details about Chantix medication. **Chantix copay program is only for those covered under the District's Health Plan.**

If you are interested in participating in this program, your first step is to schedule an appointment with the CareHere Health and Wellness Center provider in order to be enrolled into the program. You may also contact **Stacy Gavin, Director of Health and Wellness** at **877.866.6430 ext. 539** or sgavin@carehere.com.

Go to www.CareHere.com or call **877.423.1330** to make an appointment.

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