



Pasco County Schools and CareHere **Beat the Pack | Kick the Can** Tobacco Cessation Program

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, other medication and Nicotine Replacement Therapy (NRT) is available to help you quit.
Work with your CareHere Provider to help determine the right plan of care for your individual needs.

There is NO COST to you!

Chantix, other medication and Nicotine Replacement Therapies (NRT) can be provided by prescription at no cost to you. There is no co-pay for these prescriptions, and prior authorization is no longer required for Chantix. For support in long-term success, completion of the Tobacco Cessation Program is highly encouraged but not required in order to receive a prescription.

Please speak with your CareHere Provider for more details about about the different ways to help you quit. Chantix and NRT are provided at no cost only for those covered under the district's health plan.

Are you ready to quit?

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 wellness@carehere.com or call **877.866.6430**.

You may go to www.CareHere.com or call **877.423.1330** to make an appointment.

CareHere abides by all federal HIPAA and confidentiality regulations. | Call 877.423.1330 or go online at www.CareHere.com