

Tobacco Cessation Program

Program Overview

- Tobacco Cessation Program is offered through Cigna.
- Telephonic coaching offers one-to-one contact with a dedicated wellness coach who provides personalized, motivational support for the duration of the program.
- For participants who prefer to work individually, web-based programs are available. The web-based program consists of online tools and articles with a supporting email campaign.
- Both telephone and online options focus on changing behaviors and providing participants with practical strategies. Both options include over the counter nicotine replacement therapy (patch or gum) at no cost to the participant.
- Contact Cigna at 1-800-244-6224 to enroll.

Eligibility

- Employees and their dependents covered by a Mosaic medical plan are eligible to participate.
- Employees and their spouse/domestic partner are eligible to have the tobacco cessation premium removed upon completion of the program.
- All other dependents can participate in the program, tobacco premiums are not applied to dependent children.

Tobacco Premium

- The monthly premium for tobacco use is \$120 per person (\$240 if both the employee and spouse/domestic partner are tobacco users).
- After Mosaic receives confirmation of completion of the program from Cigna, the individual's Tobacco status will be removed prospectively, please allow up to 30 days for processing.
- All participants must re-enroll in the Tobacco Cessation Program annually to have the tobacco cessation premium removed each calendar year unless they quit using tobacco based on the tobacco free definition and, based on that, change their tobacco status in Workday during annual enrollment or complete the Tobacco-Free Affidavit.

Mosaic Tobacco Free Affidavit

- If you have successfully stopped using tobacco products and would like to have your status updated to “non- tobacco user” you must complete and sign the Mosaic Tobacco Free Affidavit.
- Upon completion of the affidavit your status will be updated to “non-tobacco user” within 30 days and you will no longer pay a premium tied to tobacco use.

Any questions regarding completion, non-completion and alternative standards for the Tobacco Cessation Program can be directed to Cigna at 1-800-244-6224.