

Tobacco Cessation Program

Overview

- The Tobacco Cessation Program is offered through Cigna, call 1-800-244-6224 to enroll.
- The telephone coaching model 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 to help them. Both options include over the counter nicotine replacement therapy (patch or gum) at no cost to the participant.

Eligibility

- Employees and their dependents covered by a Mosaic medical plan are eligible to participate.
- Employees and their spouse/domestic partner are eligible to receive a tobacco cessation premium credit upon completion of the program (see Tobacco Cessation Premium Credit section below for details).
- All participants must re-enroll in the Tobacco Cessation Program annually to earn the tobacco cessation premium credit 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.
- Participants must complete the program by November 30 each year to receive the tobacco cessation premium credit retroactive to the beginning of the year, or the start of benefits enrollment for newly enrolled members.
- A tobacco cessation premium credit can only be provided in the year in which the premiums were paid, as those premiums are reported on your annual W2.

Tobacco Cessation Premium Credit

- The monthly premium credit for tobacco use is \$120 per person (\$240 if both the employee and spouse/domestic partner complete the program).
- After Mosaic receives confirmation of completion of the program from Cigna, there will be a one-time lump sum credit to offset the tobacco differential paid in that calendar

year to date (from initial date of benefits enrollment), and ongoing credit of \$120 for one person (\$240 both employee and spouse/domestic partner) for the remainder of the year. Please allow 2-4 weeks for processing.

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 Tobacco-Free Affidavit found on My HR Portal.
- Upon completion of the affidavit, your status will be update to “non-tobacco user” and you will no longer pay a premium tied to tobacco use. Please allow 2-4 weeks for processing.

Any questions regarding completion, non-completion and alternative standards for the Tobacco Cessation Program can be directed to Cigna at 1-800-244-6224. For questions regarding the tobacco cessation premium credit, please submit a ticket via My HR Portal.