

UC is committed to providing our faculty and staff with a tobacco-free environment. To support the Smoke and Tobacco-Free Policy and help those who want to quit smoking, the university offers comprehensive smoking cessation resources for faculty and staff.

All UC-sponsored non-Medicare medical plans provide prescription and over-the-counter tobacco cessation products at no additional cost when prescribed by a physician, along with optional behavioral modification programs to help you quit smoking.

The additional resources here are available through your medical plan—usually at no cost to you.<sup>1</sup>

Your campus may also offer local tobacco cessation programs. Visit [ucal.us/quittobacco](https://ucal.us/quittobacco) for more information.

## **CORE, UC CARE, UC HEALTH SAVINGS PLAN**

Connect with Accolade for direction to help making positive behavior changes, including tobacco cessation, stress management, exercise and more.

Call (866) 406-1182 (Monday–Friday, 5 a.m.–8 p.m. PT) or log on to the digital member portal at <https://member.accolade.com>.

## **KAISER PERMANENTE**

Access online tobacco cessation resources at [kp.org/quitsmoking](https://kp.org/quitsmoking) and telephone-based coaching by calling (866) 862-4295.

Contact your local Kaiser medical center for medication support and on-site counseling, classes and programs.

## **UC BLUE & GOLD**

Talk with a quit coach and get a personalized plan to quit through the Craving to Quit® tobacco cessation program.

Call (800) 893-5597 or visit <https://uc.healthnetcalifornia.com/health-wellness/cessation-program.html>

<sup>1</sup> **This is a summary only;** limitations, exclusions, exceptions and other qualifiers may apply. Call the plan or see the plan's website for plan booklets and detailed benefit information.

By authority of the Regents, University of California Human Resources, located in Oakland, administers all benefit plans in accordance with applicable plan documents and regulations, custodial agreements, University of California Group Insurance Regulations for Faculty and Staff, group insurance contracts, and state and federal laws. No person is authorized to provide benefits information not contained in these source documents, and information not contained in these source documents cannot be relied upon as having been authorized by the Regents. Source documents are available for inspection upon request (800-888-8267). What is written here does not constitute a guarantee of plan coverage or benefits—particular rules and eligibility requirements must be met before benefits can be received. The University of California intends to continue the benefits described here indefinitely; however, the benefits of all employees, retirees, and plan beneficiaries are subject to change or termination at the time of contract renewal or at any other time by the University or other governing authorities. The University also reserves the right to determine new premiums, employer contributions and monthly costs at any time. Health and welfare benefits are not accrued or vested benefit entitlements. UC's contribution toward the monthly cost of the coverage is determined by UC and may change or stop altogether, and may be affected by the state of California's annual budget appropriation. If you belong to an exclusively represented bargaining unit, some of your benefits may differ from the ones described here. For more information, employees should contact their Human Resources Office and retirees should call the UC Retirement Administration Service Center (800-888-8267).

In conformance with applicable law and University policy, the University is an affirmative action/equal opportunity employer. Please send inquiries regarding the University's affirmative action and equal opportunity policies for staff to Systemwide AA/EEO Policy Coordinator, University of California, Office of the President, 1111 Franklin Street, Oakland, CA 94607, and for faculty to the Office of Academic Personnel and Programs, University of California, Office of the President, 1111 Franklin Street, Oakland, CA 94607.