

Tobacco Free Ohio State Tobacco Cessation and Stress Management Resources

Tobacco Cessation resources are available for faculty, staff and students. Smoking cessation services are covered through the Ohio State Benefit Plans. Covered faculty and staff must pay the applicable out-of-pocket expenses based on the service received. Individuals that are not OSU Health Plan members should check with their own insurance companies for possible coverage. Below are a few available resources. Tobacco cessation services are covered for students enrolled in the Ohio State Comprehensive Student Health Insurance Plan. Students covered under this plan should check for any out-of-pocket expenses based on the service received. Ohio State students who are covered by other health insurance should check for benefits available to them.

Office	Population	Program Information	Cost	More Information
The Ohio State University Resources				
Anxiety and Stress Disorders Clinic, Department of Psychology		Guided by over a decade of research into the nature and causes of anxiety, the Anxiety and Stress Disorders Clinic at The Ohio State University is committed to the development and provision of state-of-the-art treatments for individuals suffering from anxiety-related problems.		614-292-2345 anxietyclinic@osu.edu
Cardiopulmonary Behavioral Medicine	Faculty, staff, students	Ten-week program with 10 one-hour individual or group sessions.	Free	614-293-9444
College of Pharmacy Clinical Partners Program	Faculty, staff, students	Be "Smoke Free"! One-on-one 12-week program provided by pharmacists. Participants receive three individual counseling sessions to determine their smoking triggers, barriers to cessation and develop strategies for a successful quit. Pharmacists also discuss different medication treatment options with the patient and physician. Follow-up and monitoring for three months.	\$120 registration fee for 12 weeks or \$60 initial visit, \$30 for each follow-up counseling session. Applicable out-of-pocket cost will apply for OSU Health Plan members	614-293-5075 http://www.pharmacy.ohio-state.edu/sites/default/files/form_s/outreach/clinical-partners/TobaccoCessation07.pdf
Counseling and Consultation Service	Students	Individual or group counseling, drop-in workshops addressing mental skills for stress management and performance enhancement.	Free to students and spouses/partners of students with Student Health Insurance	ccs.osu.edu
Ohio State EAP	Benefits eligible faculty, staff and enrolled spouse/SSDP	The Quit Center offers numerous web resources. Call a cessation specialist to learn more or to schedule a time to talk.	Free	800-678-6265 osuhealthplan.com/members/ohio-state-employee-assistance-program-eap
Ohio State Lima: Smoking Cessation Initiative	Faculty, staff, students	Three sessions, two hours each 1-2 support sessions as follow-up	Free, Contact the OSU Health Plan with questions about coverage 614-292-4700 or 800-678-6265	419-995-8654 https://lima.osu.edu/assets/lima/uploads/Departments/Psychology/smokingCessation/faq.pdf

Tobacco Cessation and Stress Management Resources

Office	Population	Program Information	Cost	More Information
OSU Health Plan	Faculty, staff and covered dependents	Cessation products, including generic and Over-the-Counter products (subject to a maximum of 90 days of therapy per rolling calendar year) and Chantix (subject to a maximum of 180 days of therapy per rolling calendar year) with a prescription from your provider. Must be over age 18 to be eligible.	Free to OSU Health Plan members	614-292-4700 or 800-678-6269 hr.osu.edu/wp-content/uploads/overviewbook.pdf
Primary Care Provider (PCP)	Faculty, staff, students	See your PCP to discuss your personal cessation goals and methods for quitting	Cost depends on health plan coverage. For OSU Health Plan members, \$0 out of pocket cost for office visits to your PCP	Contact PCP to schedule an appointment
Student Health Insurance	Students	Tobacco cessation services are covered for students enrolled in the OSU Comprehensive Student Health Insurance Plan, along with the no cost "Healthy Lifestyle Tobacco Free Coaching Program" via Aetna Student Health. Call 1-866-213-0153.	Prescription smoking cessation drugs are subject to a copay or coinsurance	shi.osu.edu
Student Health Services	Students	Primary care physician/nurse practitioner provided cessation assistance.		shs.osu.edu
Student Wellness Center	Students	Alcohol, tobacco and other drug abuse prevention; Certified tobacco treatment specialist is available; Stress & Sleep management and education programs	Free	swc.osu.edu
University Health Services	Faculty, staff	One-on-one 12-week program features five individualized sessions with a pharmacist and three phone call visits that occur on quit date and at two and six months from quit date. Services focus on assessing current habits, developing a quit plan and follow-up visits to address withdrawal symptoms. If medication is needed to quit, pharmacists will work directly with clinic physicians.	Free to OSU Health Plan Members	614-685-6473 https://osuhealthplan.com/members
Wexner Medical Center and Department of Psychiatry	Students, Faculty, Staff	The Stress, Trauma and Resilience (STAR) Program is an initiative of The Ohio State University Wexner Medical Center and Department of Psychiatry that advances the mission of personalized health care.		wexnermedical.osu.edu/neurological-institute/departments-and-centers/departments/department-psychiatry-and-behavioral-health/star
Wexner Medical Center, Mental Health & Psychiatry	Faculty, staff, students	Ohio State's Harding Hospital offers the most comprehensive behavioral healthcare services and programs for children and adults in central Ohio.		wexnermedical.osu.edu/mental-behavioral
Your Plan for Health	Benefits eligible faculty, staff and enrolled spouse/SSDP	The Personal Health Coaching Program, provided by the OSU Health Plan, offers tobacco cessation.	Free	614-292-4700 or 800-678-6269 yp4h.osu.edu

Tobacco Cessation and Stress Management Resources

Additional Resources				
American Cancer Society	Faculty, staff, students	Program curriculum may vary upon location.	Cost may vary upon location. Contact the OSU Health Plan about coverage 614-292-4700 or 800-678-6265	800-227-2345 (for local program) cancer.org
American Lung Association	Faculty, staff, students	Freedom From Smoking Online – seven-module independent behavior modification program (free). Contact the OSU Health Plan about coverage 614-292-4700 or 800-678-6265	Free. No out-of pocket cost for OSU Health Plan members. Applicable charges will apply to students	lungusa.org
Centers for Disease Control and Prevention	Faculty, staff, students	Tips from Former Smokers – I'm Ready to Quit! Telephonic cessation information and support to smokers in search for a healthy, smokefree life. Available in English, Spanish, Mandarin, Cantonese, Korean, and Vietnamese.	Free	Quit Line: 1-800-QUIT-NOW cdc.gov/tobacco/campaign/tips/quit-smoking
National Cancer Institute	Faculty, staff, students	Telephonic cessation information and support to smokers who wish to quit (8 a.m.-8 p.m.). LiveHelp one-on-one online chatting (8 a.m.-11 p.m.).	Free	Quit Line: 877-44U-QUIT livehelp.cancer.gov
Ohio Tobacco QuitLine	Faculty, staff, students	Telephonic cessation information and support; website including provider referrals, quit smoking calculator and tobacco related information.	Free, under conditions including insurance coverage, health conditions, or offerings by the funder of the services	Quit Line: 800-QUIT-NOW (800-784-8669) ohio.quitlogix.org