

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	More Information
Counseling and Consultation Service	Students	ccs.osu.edu
Ohio State EAP	Benefits eligible faculty, staff and enrolled spouse/ SSDP	800-678-6265 osuhealthplan.com/programs-and-services/eap
OSU Health Plan	Faculty, staff and covered dependents	614-292-4700 or 800-678-6269 osuhealthplan.com/
Primary Care Provider (PCP)	Faculty, staff, students	Contact PCP to schedule an appointment
Student Health Insurance	Students	shi.osu.edu
Student Health Services	Students	shs.osu.edu
Student Wellness Center	Students	swc.osu.edu
Wexner Medical Center	Faculty, staff	https://wexnermedical.osu.edu/heart-vascular/clinical-pharmacist-services/smoking-cessation
Your Plan for Health	Benefits eligible faculty, staff and enrolled spouse/ SSDP	614-292-4700 or 800-678-6269 osuhealthplan.com/healthcoaching



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Additional Resources	Population	More Information
American Cancer Society	Faculty, staff, students	800-227-2345 (for local program) cancer.org
American Lung Association	Faculty, staff, students	lungusa.org
Centers for Disease Control and Prevention	Faculty, staff, students	cdc.gov/tobacco/campaign/tips/quit-smoking
National Cancer Institute	Faculty, staff, students	Quit Line: 877-44U-QUIT livehelp.cancer.gov
Ohio Tobacco QuitLine	Faculty, staff, students	Quit Line: 800-QUIT-NOW (800-784-8669) ohio.quitlogix.org