

Healthy  
Lifestyles

# Get \$150 back!

Complete a tobacco  
cessation program

To help you quit for good, our Healthy Lifestyles<sup>SM</sup> Tobacco Cessation Program will reimburse you up to \$125 for completing an approved tobacco cessation program.\* You can also earn \$25 for participating in a free tobacco cessation app or program.

## How it works

1. Sign up for an approved tobacco cessation program.
2. Complete the approved program.
3. Submit documentation and request your reimbursement.

Log on to [reimbursements.ibx.com/ibc](https://reimbursements.ibx.com/ibc) and submit the following documentation:

- Proof of your participation in an approved tobacco cessation program or a certificate of completion
- All program receipts and receipts for nicotine replacement products or medications prescribed to you to help you quit

Start your well-being  
journey today!

Visit [ibx.com](https://ibx.com) or download  
the IBX mobile app.

Once all of your documentation is submitted, you can request your reimbursement to be paid by direct deposit or a Visa rewards card.<sup>†</sup>

*Approved tobacco cessation programs include those that focus on behavior modification and provide frequent and regular support.*

Independence 

\* If you're 18 or older and your program costs less than \$150, you can apply the difference toward reimbursement of nicotine replacement products or medications prescribed to you to help you quit.

† Please note that Visa charges a fee of \$4.00 plus three percent of the reimbursement amount.

Tobacco Cessation Program guidelines

Selecting a tobacco cessation program

No matter who you are, you can find a program that will give you the type of support and encouragement you need to kick the habit. Eligible programs include those that focus on behavior modification and provide frequent and regular support such as weekly meetings or telephone-based sessions. Work with your health care provider to determine which method is best for you. You can opt for an individual approach, or choose a program that offers group support. Some programs can even help you manage stress, avoid weight gain, and overcome barriers to quitting. You can also choose a program offered by a network hospital in your area. Search for a network hospital in your area at [ibx.com](https://ibx.com) or call 1-800-ASK-BLUE for more information.

The following are not reimbursable:

- Copays, coinsurance, and deductibles
- Acupuncture
- Dietary supplements and injections
- Electronic cigarettes

Other approved programs include:

- Hypnosis
- Achieve Well Being Programs
- Aides (Patches, Lozenges, Gum)
- Virtual Tobacco Cessation Programs and Applications (Free and Paid)

Support for quitting other forms of tobacco

There are 28 known cancer-causing substances in chewing tobacco, spit tobacco, and other smokeless tobacco products. All smokeless tobacco contains nicotine, so it's just as addictive as cigarettes. And if you use any form of smokeless tobacco, you put yourself at an increased risk for serious health conditions including tooth decay, gum disease, and oral cancers of the lip, tongue, cheeks, gums, throat, and floor and roof of your mouth. If you're using smokeless tobacco, make a commitment to quit today. Many of the tobacco cessation programs that are eligible for reimbursement also support individuals who want to quit using smokeless tobacco.

Nicotine replacement and medication prescribed to assist with tobacco cessation

You may be eligible to obtain nicotine replacement medications under your pharmacy plan with a prescription from your doctor.

**You are only eligible for one reimbursement per program, per calendar year.**

For more information, please contact Healthy Lifestyles at **1-800-590-8880**.

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.