

Quit Smoking Resources available to MAPFRE employees:

Harvard Pilgrim Coaching

- One on one personalized telephonic coaching sessions with nationally certified coaches
- Call 1-877-594-7177 to ask to speak with a Health Coach and to schedule appointments
- Health plan enrollment not required
- Establish a quit plan, assists in identifying barriers and set realistic goals
- Free to MAPFRE employees

Start to Stop - CVS Minute Clinic

- One on one consultation with practitioner, including nicotine-dependence assessment
- Individualized smoking cessation plan and education
- Ongoing coaching
- No appointment necessary - stop by CVS Minute Clinic location
- Most insurance accepted (Harvard Pilgrim accepted)
- Assessment cost = \$59, Follow-up visits = \$49

Craving to Quit - Harvard Pilgrim Discount

- 21 day program
- Discount available to Harvard Pilgrim members - 25% off cost using discount code 'HPHCCTQ'
- Lifetime membership = \$140 or Monthly subscription = \$25 per month (before discount)
- App-based program
- Personal coaching
- Online peer community
- Weekly live video tele-coaching
- Access here: <https://www.cravingtoquit.com/>

QuitSmart - Harvard Pilgrim Discount

- Self-help 'Stop Smoking Kit'
- Discount available to Harvard Pilgrim members - 30% off using discount code 'HPHC' or call (919) 644-6522 and mention you're a Harvard Pilgrim member
- Kit includes guidebook, hypnosis CD and cigarette substitute
- Kit price = \$31.99 before Harvard Pilgrim discount
- <https://quitsmart.com/>

Smokefree.gov

- Website and app for smartphone
- Includes text messaging and live chat options
- Articles, tips and tools
- Assistance with developing a quit plan
- Content specific to veterans, women, teens and adults over age 60
- <https://smokefree.gov/>

Employee Assistance Program - KGA

- Over 50 articles, videos, FAQs and links to resources and additional programs
- <https://kgreer.com/>
- 1-800-648-9557

Harvard Pilgrim Website and Wellness Portal

- Numerous self-help resources and articles
- A-Z Health Database with extensive smoking cessation information and tools
- Learn how to create an online action plan