

STAFF SMOKING CESSATION BENEFITS

What is the tobacco cessation benefit?

ODS medical plans will pay up to a \$500 lifetime maximum for tobacco cessation services. This benefit is subject to your plan's deductible and copayment. However, if you **choose to** use ODS's exclusive [tobacco cessation program](#), then telephone coaching, counseling and supplies are paid at 100 percent, with your deductible waived. This is not a free program or service in that the cost of enrollment in this program is deducted from the \$500 lifetime maximum.

What services are covered under this benefit?

- Doctor visits
- Telephone coaching
- Nicotine replacement therapy (NRT)
- Prescription medications
- Acupuncture
- Counseling
- Group therapy



Access to covered prescription drugs prescribed for the treatment of tobacco use disorder is available to members *enrolled* in the ODS associated smoking cessation program.

Services that are not covered:

- Hypnosis



Are services by all providers covered?

Professional providers covered by your plan must provide services and supplies within the scope of their license. These services and supplies must be prescribed following the U.S. Department of Health and Human Services guidelines for tobacco cessation.

Whom do I contact if I have more questions?

Please call ODS Medical Customer Service at 503-243-3962 or 877-605-3229 for any questions relating to this benefit.

How do I enroll in the ODS program?

You may enroll online by visiting the MyODS web page

(<http://www.odscompanies.com/oebb/>) or directly at <https://www.quitnow.net/ODS/>

You may also take a readiness quiz before enrolling to see if you are truly ready to start the program.

