

# Employee Benefits Advisor

Helping you get the most from your benefit plans.

## ◆ IBC Pays Members to Quit Smoking

With the IBC Healthy Lifestyles Smoking Cessation Program, you can get up to \$200 back upon completion of a proven smoking cessation program. If you choose a program that costs less than \$200, you can apply the difference toward the purchase of nicotine replacement products or prescription cessation aids.



### Example:

\$200	IBC Healthy Lifestyles Reimbursement
<u>-\$125</u>	Smokenders® Program
\$75	Balance available for nicotine replacement products or prescription aids

### Here's More Incentive

If all of this isn't enough reason to quit smoking, IBC offers you even more incentive. Through an arrangement with American Specialty Health Networks, Inc. on the HealthyRoads™ website, IBC offers:

- ◆ Discounts up to 30% on acupuncturist services to help quit smoking
- ◆ Discounts up to 40% on nicotine patches, gum and lozenges
- ◆ Discounts up to 40% on CDs and books which offer tips to break the habit
- ◆ Discounts up to 40% on herbal remedies which may reduce the urge

For more information on smoking cessation programs and discounts, log onto [www.ibxpress.com](http://www.ibxpress.com). Once you register for the site, you will be able to access links to both the Healthy Lifestyles and Healthy Roads programs. You may also call IBC's Health Resource Center at 1-800-275-2583 or 215-241-3367 to speak with a representative.

If you have any questions about this topic, please contact your RSI Benefit Service Specialist at 1-800-394-6111.

