

Employee Benefits Advisor

Helping you get the most from your benefit plans.

AmeriHealth Pays Members to Quit Smoking

With the AmeriHealth 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	AmeriHealth 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, AmeriHealth New Jersey offers you even more incentive. Through an arrangement with American Specialty Health Networks, Inc. on the HealthyRoads™ website, AmeriHealth 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 on to www.amerihealthexpress.com. Once you register for the site, you will be able to access links to both the Healthy Lifestyles and HealthyRoads programs. You may also call AmeriHealth's Health Resource Center at 1-800-275-2583, or 215-241-3367 to speak to a representative.

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

