



# Ready to Quit?

Midwest Public Risk offers a number of FREE resources to help you quit the tobacco habit. Whether quitting cold turkey or with a step program, MPR has the tobacco cessation program you need.

## The workplace is changing:

The culture in the American workplace is changing. More and more employers are taking steps towards not only a tobacco-free worksite, but towards a tobacco-free workforce. For example, the state of Kansas charges smoking employees a higher monthly health insurance premium.

Several MPR members have already taken action. For example, Bonner Springs, Gladstone, and Greene County have a workplace tobacco policy in place. MARC and Osage Beach take it a step further by promoting tobacco cessation programs and providing incentives to employees who complete them.

## Why quitting is necessary:

- Compared to nonsmokers, smokers miss about 60% more days of work due to sickness.
- Tobacco use adds an estimated \$1,850 per employee in annual medical costs.
- Smoking causes coronary heart disease, which is the leading cause of death in the U.S. The CDC says cigarette smokers are 2-4 times more likely to develop coronary heart disease than nonsmokers and cigarette smoking approximately doubles a person's risk for stroke.
- The risk of developing lung cancer for cigarette smokers is an estimated 23 times higher in men and about 13 times higher in women compared with men and women who have never smoked.
- Each year, approximately 443,000 individuals die as a result of smoking, accounting for 20% of all deaths in the United States.

## Resources for everyone:

New Directions Behavioral Health: [800-624-5544](tel:800-624-5544)  
[www.ndbh.com](http://www.ndbh.com)

American Cancer Society: [800-Quit-Now](tel:800-Quit-Now)  
[www.quitnow.net/Kansas](http://www.quitnow.net/Kansas) or [www.quitnow.net/Missouri](http://www.quitnow.net/Missouri)

American Lung Association: [800-LUNGUSA](tel:800-LUNGUSA)  
[www.lungusa.org](http://www.lungusa.org)

The EX Plan: [www.becomeanex.org](http://www.becomeanex.org)

## Prescription therapies for members with employee benefits:

The MPR health plans cover, at 100%, with a prescription and prior authorization, ONE therapy per plan year. Covered therapies include: Chantix, Bupropion (generic of Zyban), or over-the-counter Nicotine Patches.

Contact MPR benefits at 816-292-7520 for details.

## Resources for members using Cigna health plans:

After logging in to [myCigna.com](http://myCigna.com), register for the Quit Today Program. This personalized, up-to-six-month program can be completed online or over the phone with the assistance of a dedicated wellness coach. It includes a workbook and toolkit, with free over the counter Nicotine replacement therapy available immediately upon program registration.



Visit [www.mprisk.org](http://www.mprisk.org) for more information  
or call [816-292-7500](tel:816-292-7500).