



BENEFITS

Tobacco Cessation Program Attendance Record



CNO associates have access to nationally recognized tobacco cessation programs, which can be used to earn CNO wellness incentives. To earn the annual incentive of \$50/associate or \$25/spouse, you must register for a tobacco cessation program and reach the program's requirements for successful completion. CNO's wellness incentives are only available to associates and spouses enrolled in a CNO Care Options medical plan.

CNO will consider providing incentives for completion of a tobacco cessation program not listed below. To obtain approval for another program, you must submit a Request for Consideration form (available on CNOnet and Benefits InfoNet) to the [For Your Health!](#) team. The program will be reviewed, and you'll receive a written response within 10 business days.

Please follow the tracking requirements below to earn a tobacco cessation incentive. Please contact CNO Wellness Consultant [Kami Reuter](#) with questions.

ASSOCIATE INFORMATION

Name:	Employee ID:
Email:	Telephone:

PROGRAM INFORMATION

Program Name:	Web Address:
Contact Name/Office:	Telephone:

CIGNA TOBACCO CESSATION PROGRAM

- Register with Cigna by calling (866) 417-7848 (press 2) or go to mycigna.com. This is a free, telephone-based program offered nationally.
- Each participant will work with a Tobacco Cessation coach to set a quit date and attainable goals.
- To remain active in the program and eligible to earn the incentive, a participant must remain engaged with his/her coach. This includes returning calls, actively engaging in conversation, and achieving goals in a timeframe that's set by the participant and the coach.
- If you participate in this program, reach your quit date, and your coach indicates that you've successfully met the program's requirements, you'll graduate from the program and receive a letter of completion.
- Cigna will report your program completion directly to CNO. You do not need to submit documentation.

You must successfully complete this program before November 30, 2014, to earn your 2014 wellness incentive.

QUIT NOW TOBACCO CESSATION PROGRAM

- Register for the Quit Now Program by calling 1-800-QUIT NOW (1-800-784-8669). This is a free, telephone-based program offered nationally.
- Each participant will work with a Tobacco Cessation coach in his/her state for the duration of the program.
- To remain active in the program and eligible to earn the incentive, a participant must remain engaged with his/her coach. This includes returning calls, actively engaging in conversation, and achieving goals in a timeframe that's set by the participant and the coach.
- If you participate in this program, reach your quit date, and your coach indicates that you've successfully met the program's requirements, you'll graduate from the program and receive a certificate of completion. Keep this for your records.

You must scan your Certificate of Completion and send it to kami.reuter@cnoinc.com before November 30, 2014, to earn your 2014 wellness incentive.

CNO CARE OPTIONS MEDICAL PLAN COVERED TOBACCO CESSATION MEDICATIONS

The CNO Care Options medical plan also covers several medications used for tobacco cessation. Please work with your personal physician to determine a treatment that may be best for you.

Covered prescription medications include **Chantix, Nicatrol inhaler and cartridges, Nicatrol spray, and Zyban.**

And, OurClinics@CNO dispense the generic medication, Bupropion, for \$4.

