

Smoking & Tobacco Cessation



READY TO QUIT?

There are many options and resources available to assist Placer County employees and their eligible dependents in taking charge of their health and improving aspects of their life including programs and services to stop smoking and/or using tobacco.

Resources -

Insurance plans cover quitting aids such as patches, nicotine gum and lozenges, coaching, and counseling typically under an insurance benefit co-pay. Call your health care plan provider today for details!

Health Plan Provider

Phone Number

Anthem Traditional HMO	855-839-4524
Anthem Select HMO	855-839-4524
Blue Shield NetValue	800-334-5847
Kaiser Permanente	800-464-4000
PERS Access+	888-926-4921
PERS Choice	888-926-4921
PERS Select	888-926-4921
PERSCare	888-926-4921
United Health Care	877-359-3714

Additionally, Placer County employees have access to free personalized smoking and tobacco cessation coaching through the **Managed Health Network (MHN) Employee Assistance Program (EAP)**. MHN will work with covered participants to create a customized plan to quit. Contact MHN today to set up your first session! 1-800-242-6220



"I'm glad I did it for me!"

- Cindy Martin, Human Resources



"After quitting, I finally feel free!"

- Michelle Souza, HHS-Admin



"After I quit, I felt better immediately."

- Angela Curtis, HHS-ASOC