

Tobacco Free Pittsburg State University Tobacco Cessation and Stress Management Resources

Tobacco Cessation resources are available for faculty, staff, and students. Smoking cessation services are covered through the Pittsburg State University Health Plans. Covered faculty and staff must pay the applicable out-of-pocket expenses based on the service received. Individuals that are not PSU Health Plan members should check with their own insurance companies for possible coverage. Below are a few available resources. Tobacco cessation services are covered for students enrolled in the Pittsburg State University Comprehensive Student Insurance Plan. Students covered under this plan should check for any out-of-pocket expenses based on the service received. Pittsburg State students who are covered by other health insurance should check for benefits available to them.

PSU students, faculty and staff may purchase discounted nicotine - replacement therapy (NRT) products (patches and gum) at the Bryant Student Health Center.

Office	Population	Program Information	Cost	More Information
Pittsburg State University Resources				
Bryant Student Health Center	Students	Primary care physician/nurse practitioner provided cessation assistance.	Free nicotine replacement therapy is available to eligible students enrolled in the KanQuit!/QuitNow Program.	620-235-4452 pittstate.edu/office/health/
Counseling and Consultation Services	Students	Individual or group counseling, drop-in workshops addressing mental skills for stress management and performance enhancement.	Free to enrolled students and spouses/partners of enrolled students.	pittstate.edu/office/counseling/student-information.dot
Prevention and Wellness	Students	Alcohol, tobacco and other drug abuse prevention; Stress management and education programs.	Free.	620-235-4062 pittstate.edu/office/activities/programs/student-wellness/
Student Health Insurance	Students	With the health discount program, students can save on smoking cessation programs.	Cost may vary. Dependent on prescription tier plan. See uhcsr.com/pittstate for more information.	Call 1-800-767-0700 directly or the Student Health Center at 620-235-4452. uhcsr.com/pittstate
Pittsburg State Employee Assistance Program (EAP)	Faculty, staff, students	Tobacco Cessation Program includes customized assistance plan, strategies to help an employee deal with common fears, stress management, tips for preventing weight gain, and more.	Free.	Call 888-275-1205, Option 7 or 800-697-0353 or www.guidanceresources.com - When registering as a first-time user, enter Company Web ID: SOKEAP.
Primary Care Provider (PCP)	Faculty, staff, students	See your PCP to discuss your personal cessation goals and methods for quitting.	Cost depends on health plan coverage.	Contact your PCP to schedule an appointment.

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Student Recreation Center	Faculty, staff, students	Group fitness and personal trainers available.	Cost may vary.	Contact Bryce Winklepleck at 235.4983 or bwinklepleck@pittstate.edu for more information.
HealthQuest	Benefits eligible faculty and staff	Tobacco Cessation Program - customized plan, personal support from a Quit Coach, and tools to help you stay motivated.	Free to PSU Group Health Insurance members.	1-888-275-1205, Option 3 or 1-877-777-6534 keheks.gov/hcf/healthquest/tobaccocessation.html
PSU Group Health Insurance and Drug Plan	Benefits eligible faculty, staff and enrolled dependents	The plan provides coverage for office visits for tobacco cessation and treatment of nicotine addiction. Tobacco Control Wellness Program - The Plan will pay 100% of the allowed amount for preferred tobacco control products.	Free to PSU Group Health Insurance members.	BCBS - 800-332-0307; Coventry - 855-326-2088; UnitedHealthCare - 866-799-1324 or benefits@kdheks.gov
Additional Resources				
American Cancer Society	Faculty, staff, students	Stay Healthy Program with resources on How to Stay Away from Tobacco available.	Free.	1-800-227-2345 cancer.org
American Lung Association	Faculty, staff, students	Freedom From Smoking Online - seven-module independent behavior modification program (free).	Free. No out-of-pocket cost for PSU Health Insurance Plan members. Applicable charges will apply to students.	lungusa.org
Centers for Disease Control and Prevention	Faculty, staff, students	Tips from Former Smokers - I'm Ready to Quit!	Free.	cdc.gov/tobacco/campaign/tips/quit-smoking/
Community Health Center of Southeast Kansas	Faculty, staff, students	The Community Health Center of Southeast Kansas is a federally qualified patient-centered health center dedicated to providing quality health care to everyone regardless of their ability to pay.	Cost may vary.	620-231-9873 chcsek.org/
KanQuit!/QuitNow	Faculty, staff, students	Telephonic cessation information and support; website including provider referrals, quit smoking calculator, and tobacco related information. Register on KanQuit or call 1-800-QUIT-NOW to receive text-to-quit messaging.	Free.	Quit Line: 800-QUIT-NOW (800-784-8669) https://www.ksquit.org
National Cancer Institute	Faculty, staff, students	Telephonic cessation information and support to smokers who wish to quit (8 a.m.-8 p.m.) LiveHelp one-on-one online chatting (8 a.m.-11 p.m.).	Free.	Quit Line: 877-44U-QUIT
Nicotine Anonymous	Faculty, staff, students	Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction and aims to help all those who would like to cease using tobacco and nicotine products in any form. We offer group support and recovery using 12 Steps to achieve abstinence from nicotine.	Free.	nicotine-anonymous.org/
Mobile Apps				
American Cancer Society	Faculty, staff, students	The Quit For Life mobile app can be downloaded by using the app store on the iPhone or on Google Play by searching for the Quit for Life app.	Free.	https://itunes.apple.com/us/app/quit-for-life/id321387981?ls=1&mt=8