



NICOTINE CESSATION PROGRAMS

If you or your spouse are using nicotine products by January 1, but will be completing a nicotine cessation program, you have until March 31 to complete the program for the surcharge to be removed retroactively to January 1, 2019.

April 1 forward you can complete a nicotine cessation program, but the surcharge will end from the date of program completion.

Nicotine cessation programs available to you:

- Quit and Get Fit via Houston Methodist Wellness
 - In-person six-week program
 - Contact HM Wellness via wellnesshmf@houstonmethodist.org or 713.441.5936
- Ready, Set, Stop Smoking Journey via Virgin Pulse
 - Available as of Jan. 1, 2019
 - Enroll in Virgin Pulse at join.virginpulse.com/healthydirections
 - Once registered with Virgin Pulse, go to Programs from top toolbar
- For spouses only: Telephonic program via MyQHealth
 - Available as of Dec. 3, 2018
 - Spouse must be enrolled in Houston Methodist Medical Plan
 - To enroll, call 1.888.978.7977, or log in at hmhealthplan.com and select “MyHealth” to find nicotine cessation.

Once you or your spouse have completed your program, you must submit a Life Event in MARS via Benefit Details within 60 days, attaching proof of completion.