

## Case Western Reserve University Tobacco Cessation Resources

Provider/Service	Population	Program Information	Cost	More information
Ease at work/Case Tobacco Cessation Group Program	Faculty, Staff, Students	Eight week program offering step by step assistance for ending nicotine addiction through group support and personal insight.	Free	<a href="https://case.edu/wellness/campus-programs/tobacco-cessation/">https://case.edu/wellness/campus-programs/tobacco-cessation/</a>
Quit line	Faculty, Staff and Students	Individual coaching through quit line services. Includes 12 weeks offree NRT. <b>Offers translational services.</b>	Free	<a href="https://case.edu/wellness/campus-programs/tobacco-cessation/">https://case.edu/wellness/campus-programs/tobacco-cessation/</a>
SelfHelpWorks	Faculty and Staff	Ten on-line tobacco cessation sessions similar to a live class geared towards giving information and skills to those quitting.	Free	<a href="https://case.edu/wellness/resources/selfhelpworks/#d.en.234416">https://case.edu/wellness/resources/selfhelpworks/#d.en.234416</a>
SelfHelpWorks	Students	Ten on-line tobacco cessation sessions similar to a live class geared towards giving information and skills to those quitting.	Free	Contact UH&CS at 368-5872 or <a href="mailto:counseling@case.edu">counseling@case.edu</a> to request access. The team will register you and send you log in information.
Anthem	CWRU Employees covered by Anthem	Anthem's Health Assistant: Self guided online program similar to one on one coaching.	Free	<a href="https://case.edu/wellness/off-site-programs/insurance-company-programs/anthem-blue-cross-blue-shield/">https://case.edu/wellness/off-site-programs/insurance-company-programs/anthem-blue-cross-blue-shield/</a>
Medical Mutual	CWRU Employees covered by Medical Mutual	SuperWell Quitline: Telephone quit coaching support and skill building. Offers free NRT for 4-8 weeks.	Free	<a href="https://case.edu/wellness/off-site-programs/insurance-company-programs/medical-mutual-of-ohio/">https://case.edu/wellness/off-site-programs/insurance-company-programs/medical-mutual-of-ohio/</a>
CVS Caremark	CWRU Employees covered by CVS Caremark for their prescriptions	Offers NRT for no cost with a prescription	Free	<a href="https://case.edu/wellness/campus-programs/tobacco-cessation/">https://case.edu/wellness/campus-programs/tobacco-cessation/</a>
University Health and Counseling Services	Students	In person, individual counseling and medical treatment appointments for stopping tobacco, including free NRT and prescription medication evaluations.	Free	<a href="http://students.case.edu/departments/wellness/">http://students.case.edu/departments/wellness/</a>