



# Pfizer Tobacco Free Workplace Policy Resource Flyer

**Pfizer offers countless ways to help you Start Fresh and quit tobacco use. Pfizer congratulates you on your decision to quit and is behind you 100%. Good luck!**

## **CHANTIX® (varenicline)**

Chantix prescriptions can be obtained through your healthcare provider or contact your local Occupational Health and Wellness clinic for assistance. Chantix comes with a support plan called GETQUIT™ designed to help protect against slipups. Visit [Chantix.com](http://Chantix.com) to learn more. Healthy Pfizer WebMD Online Program

## **Healthy Pfizer WebMD Online Program**

Quitting smoking is hard, but just like the former smokers who created this program, you can do it. With the Smoking Cessation program, you can learn new ways of thinking and new techniques for staying on course toward your goal. Keep track of your smoking with the Smoking Planner as well. Enroll now for a healthier life by logging into [www.healthypfizer.com](http://www.healthypfizer.com) select 'Health Tools' from the top menu bar to find the health management tools and programs.

## **Healthy Pfizer Optum Health Risk Coaching Program**

If quitting was easy you would have done it by now. So what works? Having a personal health coach can make the difference between quitting for a week and quitting for life. The Healthy Pfizer Optum Health Risk Coaching Program offers telephonic personalized health coaching from trained health experts that can help you quit smoking. Call [1-800-478-1057](tel:1-800-478-1057) to speak with a coach regarding smoking cessation.

## **Other Courses of Treatment:**

### **The Pfizer Smoking Cessation Program**

If you're enrolled in the Pfizer Medical Plan, or a managed care plan offered through the Pfizer Health and Insurance Plan, you and your dependents can receive 100% reimbursement of the reasonable and customary charges for behavioral modification programs, over-the-counter treatments such as transdermal nicotine patches (such as Nicoderm or Habitrol) and nicotine gum, prescription medications such as Chantix, Zyban or Nicotrol and alternative treatments such as acupuncture (if acupuncture is performed by a covered provider) and hypnotherapy.

If you have a question about a program or course of treatment not listed, contact United Healthcare, the administrator of the Pfizer Smoking Cessation Program at [800-638-8010](tel:800-638-8010). For more information on the Pfizer Smoking Cessation program, or how you can be reimbursed, visit [hrSource](http://hrSource) online or call [1-866-4 SOURCE \(1-866-476-8723\)](tel:1-866-4-SOURCE).

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**E**at well  
**S**tay smoke free  
**T**ake time  
for your health

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