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| **Resource** | **Program Highlights** |
| [**Aetna Point of Service Health Plan**](http://www.aetnastateofmaine.com/)**1-855-850-0039**  | Coverage includes 8 smoking/tobacco cessation preventative counseling visits per 12 month period covered at 100%, no deductible with an in-network doctor.  In addition, the first two 90-day treatment regimens for certain medications are provided at no cost.*Contact Aetna Member Services for additional plan coverage information.* |
| [**Aetna Medicare Advantage Health Plan**](http://www.aetnastateofmaine.com/)**1-888-267-2637** | Coverage includes two quit attempts with a 12-month period.  Each attempt includes four face-to-face counseling visits.  *Contact Aetna Member Services for additional plan coverage information.* |
| [**Living Resources Program**](http://www.maine.gov/deh/healthbenes/eap/index.html) **(LRP)1-844-207-LINK (5465)  *Available 24 hours a day, 7 days a week*** | The LRP provides short-term counseling with a licensed mental health provider.  In addition to tobacco cessation, other common types of issues LRP may assist with are depression, anxiety, addiction, family issues, grief/loss, etc. State of Maine employees, retirees and household members are eligible for up to 5 counseling visits per calendar year at **no cost**. |
| [**WellStarME**](https://www.wellstarme.org/) | For Point of Service health plan members.  Just log into your WellStarME account for easy access to some of the resources listed below. |
| [**The Maine Tobacco HelpLine**](http://www.tobaccofreemaine.org/quit_tobacco/Maine_Tobacco_HelpLine.php)**1-800-207-1230**  | * Free
* Confidential
* Offers positive and supportive messages
* Offers personal support geared to your life
* All done by phone
 |
| [**American Cancer Society; The Great American Smokeout**](http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index#resources) | * Guide to Quitting Smoking
* What are the Benefits of Quitting?
* Desktop Helpers
* Resources and Tools
* ...and MUCH more!
 |
| [**Centers for Disease Control and Prevention**](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/) **1-800-QUIT-NOW (1-800-784-8669)**  | * Call for free help
* Read the Quit Guide
* Sign up for free texts to get free quit help texted to your phone
 |
| [**BeTobaccoFree.gov**](http://betobaccofree.hhs.gov/gallery/quit.html) | Get on the path to a healthier you!  Learn about the health benefits if you quit smoking right now.   |
| [**American Lung Association; Freedom From Smoking Program**](http://www.lung.org/stop-smoking/how-to-quit/freedom-from-smoking/) **1-800-LUNG-USA (1-800-586-4872)** | * Designed for adults who are ready to quit smoking
* Small group counseling sessions
* Also offers an online program
 |
| [**American Lung Association; "We support the QuitterInYou"**](http://www.quitterinyou.org/) **1-800-LUNG-USA (1-800-586-4872)** | * Quitting tips for you and to help somone else quit smoking
* Learn from others who have quit
* Inspirational videos
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