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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 |