



## STATE HEALTH BENEFIT PLAN (SHBP)

### 2023 RETIREE NON-TOBACCO USERS CESSATION POLICY\* FOR KAISER PERMANENTE (KP) MEMBERS

**This policy only applies to the 2023 plan year. You must notify KP that you have completed all Tobacco Surcharge Removal Requirements by 12/29/2023 to have the surcharge removed and refunded.**

This policy applies to Kaiser Permanente retired members who do **NOT** use tobacco or Electronic Nicotine Delivery Systems (also known as vapes or e-cigarettes) are paying the tobacco surcharge due to an error in their election during enrollment. This policy allows the tobacco surcharge to be removed by completing the Tobacco Surcharge Removal Requirements through Kaiser Permanente.

The surcharge (\$80 per month) applies if the member or any of the member's enrolled dependents are not tobacco-free or do not complete the Tobacco Surcharge Removal Requirements.

If you and your enrolled dependents complete the Tobacco Surcharge Removal Requirements, you will be able to avoid the surcharge for the entire year. This means that the entire tobacco surcharge you paid in 2023 may be refunded after the completion of all the Tobacco Surcharge Removal Requirements. All Tobacco Surcharge Removal Requirements must be completed in 2023.

#### Qualifying Events

Members currently paying the tobacco surcharge due to a covered dependent (spouse or child) utilizing tobacco who experience a qualifying event may be eligible to have the tobacco surcharge removed if no other covered dependent is utilizing tobacco.

To be eligible for a refund of the 2023 tobacco surcharges paid prior to the qualifying event, the tobacco user must have completed all Tobacco Surcharge Removal Requirements prior to the qualifying event. If the tobacco user did not complete all the Tobacco Surcharge Removal Requirements prior to the qualifying event, then the member must complete all the requirements outlined in the Non-Tobacco User Surcharge Removal Policy to be eligible for a refund of the tobacco surcharges paid in 2023.

Kaiser Permanente offers a variety of options to assist SHBP member's efforts to quit using tobacco products. Such options include:

- **Quit Tobacco** - Wellness Coaching by Phone
- **Tobacco cessation missions** – Get tips and advice to help you give up the habit

**The following steps for Tobacco Surcharge Removal are for SHBP members covered under Kaiser Permanente plans ONLY and will not satisfy surcharge removal requirements for members enrolled in other plans.**

**Tobacco-Free means that you have not used tobacco products within the last 60 days**

**\*Note: The Tobacco Users Cessation Policy applies to tobacco and electronic nicotine delivery system products**

## TOBACCO SURCHARGE REMOVAL REQUIREMENTS

If you are *not* a tobacco user and are paying the tobacco surcharge due to an error in your election during enrollment, you must:

1. Register on [kp.org](https://kp.org)
  - Visit [kp.org](https://kp.org)
  - Click the "Register now" button to obtain a user ID and password
2. Take the KP Total Health Assessment (THA)
  - Go to: [kp.org/tha](https://kp.org/tha)
  - Select "Start health assessment"

The THA takes about 10 minutes to complete

3. Take action! Complete **one** of the following activities in 2023

### ***Quit Tobacco*** – Wellness Coaching by Phone

- Schedule a telephonic tobacco cessation wellness coaching session by calling 866-862-4295, Monday through Friday, from 10 am to 10 pm ET. A wellness specialist will help you determine if you are ready to quit and if so, will schedule an appointment. For more information, visit [kp.org/coaching](https://kp.org/coaching).

### ***Tobacco cessation missions*** – *Get tips and advice to help you give up the habit*

- Go to [kp.org/healthylifestyles](https://kp.org/healthylifestyles)
- Join any one tobacco cessation mission
- The missions that count towards the quitting smoking credit are:
  - Avoid your tobacco triggers
  - Use your NRT (Nicotine Replacement Therapy)
  - Cut back on tobacco
  - Tame your tobacco cravings

4. Once you have completed the 3 steps above, call KP at 855-512-5997 and notify us by 12/29/2023 that you have completed the Tobacco Surcharge Removal Requirements and request a Letter of Completion to retain for your records.

If you think you might be unable to complete the Tobacco Surcharge Removal Requirements, you might qualify for an opportunity to avoid the tobacco surcharge by different means. Contact Kaiser Permanente at **855-512-5997** and we will work with you (and, if you wish, with your doctor) to find a program with the same reward that is right for you considering your health status.