

## How to qualify for the tobacco-free medical plan premium discount

This Smoke Free Policy includes the use of electronic nicotine delivery systems – known as e-cigarettes, e-cigars, e-hookahs and e-pipes.

You qualify for the tobacco-free medical plan premium discount if you are not a tobacco user. If you are a tobacco user and want to qualify for the tobacco-free medical plan premium discount for 2026, you must complete one of our approved, no-cost programs within 6 months of your hire date. This also applies to employees who previously completed a tobacco cessation program but continue to use tobacco. You must again complete another cessation program by the end of each calendar year to qualify for the discount for 2026.

**Definitions of Tobacco User:** A tobacco user is anyone who uses cigars, cigarettes, chewing tobacco, pipe tobacco, or any other tobacco product. Vaping refers to the use of electronic nicotine delivery systems or electronic smoking devices. These are commonly called e-cigarettes, e-pipes, e-hookahs, and e-cigars. It does not include nicotine replacement therapy, such as the patch.

### Company Approved Programs

**Say goodbye to tobacco with Banner-Aetna options:** Enjoy improved energy and lung function to reduce your risk of serious illness when you quit tobacco for good. Here are a few options, choose one that fits your needs:

- **Neighborhood wellness service:** Have a one-on-one with a wellness professional at any CVS MinuteClinic® site, where available, at no extra cost. The two of you will talk about your health and lifestyle to create a plan just right for you. Sessions are 15 – 20 minutes each, with up to 8 sessions within a 12-month period. You can register at a CVS MinuteClinic – just show your ID card.
- **Your doctor:** You can see your personal physician for smoking-cessation support and have up to eight counseling visits per year. Visits have no out-of-pocket costs and are not subject to a deductible. To find a tobacco-cessation provider, search our online provider directory.
- **Online coaching program:** Take steps toward living without tobacco by visiting the “Health Programs” section of your member portal. By selecting “Enroll in an online health coaching program now,” you’ll find self-led coaching programs that offer powerful support, like “Make your date to quit” and “Stay on track.” Logon to [banneraetna.com](http://banneraetna.com) or [aetna.com](http://aetna.com) to register for member services and resources.
- **Nicotine replacement therapy (NRT):** Boost your chance for success and get an NRT prescription from your doctor. Then get over-the-counter help at your participating pharmacy for prescriptions like nicotine gum, patches, inhaler, nasal spray, and lozenges.

**Tobacco Cessation Program through Arizona Smokers' Helpline (ASHLine) - Arizona employees only:** ASHLine is a 12-week program that provides telephonic counseling, printed materials, and other information to help you reach your goals. ASHLine also covers the cost of a two-week supply of nicotine patches, gum, or lozenges as part of their program. **To learn more about ASHLine, visit their website at [www.ashline.org](http://www.ashline.org) or call them at 800-556-6222.**

Field employees can attend a pre-approved **tobacco cessation program in your area by calling 800-Quit Now - 800-784-8669** or by checking with your state or county for programs similar to the ASHLine program mentioned above. Contact Jan Nelson at 623-780-6678 or [jan.nelson@bwh.com](mailto:jan.nelson@bwh.com) for program approval.

Best Western will reimburse up to \$200 per employee toward the cost of tobacco cessation aids, such as patches, gum, lozenges, or prescription medicines while you are participating in one of the approved programs listed above. Please submit receipts to Jan Nelson, Human Resources, at [jan.nelson@bwh.com](mailto:jan.nelson@bwh.com), along with information on which program you are participating in. You will receive a reimbursement check mailed to your home.

Questions?

If you have questions, contact Jan Nelson at 623-780-6678 or [jan.nelson@bwh.com](mailto:jan.nelson@bwh.com).