

Tobacco Testing Reasonable Alternatives for JHH/JHHS

If I am a tobacco user, what are other ways that I can earn the non-tobacco credit?

If you cannot certify that you do not use tobacco products, there are several ways you can still receive the credit. You can:

- Complete a tobacco cessation telephone coaching program offered through your insurance carrier (EHP). For more information, call 1-800-957-9760 or email healthcoach@jhhc.com.
- Complete a tobacco cessation class offered at your worksite at no cost to you or a class in your community at your expense. The approved classes are the American Lung Association's Freedom From Smoking program and the American Cancer Society's Freshstart program.
- Submit a letter on your physician's letterhead stating that (1) it is unreasonably difficult for you to quit smoking; (2) it is medically inadvisable for you to try to quit tobacco; or (3) you are working with your doctor on a tobacco cessation plan.

When will the on-site tobacco cessation class at my worksite be offered?

Freshstart Support Group (4 classes, 1 hour each)

- Generally offered each Monday of a given calendar month from 11am to noon in the Wilmer Eye building, 5th floor, Maumenee conference room.

Freshstart one-on-one (6 classes, 30 minutes each)

- Offered in Osler 7. Sessions are set in consideration with employee's schedule.

Freedom From Smoking Plus – presented by the American Lung Association (9 sessions – accessible 24/7, from your computer, smartphone or tablet)

- Online course that can be completed anywhere at any time.

Contact HealthyatHopkins@jhmi.edu for any of these options.

How do I submit my certification for the credit (after completion of a course)?

- Go to online benefit enrollment portal <https://my.jh.edu/portal/group/myjhmi/staff> and click on "Enrollment" under JHHS Resources.
- On the Welcome page, in the middle of page click "Update My Benefits".
- On the Report Life Event page, scroll to "Smoking Cessation", enter the date of the certificate/letter (Event Date) and record the type of alternative (Notes).
- Click through to add Smoking Cessation to your shopping cart (I Agree) and checkout.
- Go to Documents on the left side to upload the scanned certificate/letter.
- Upon HR review and approval your credit will be entered effective the following month.