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, go to “Enroll” under My Benefits. On the Benefit Enrollment Instructions page, click “Continue” and under Qualifying Life Events, click “Tobacco Cessation” to upload your certificate/documentation. Upon HR review and approval your credit will be entered effective the following month.