

**From:** Danny Varat <DannyVarat@scstatehouse.gov>  
**To:** Lily Cogdill LilyCogdill@scstatehouse.gov  
**Date:** 5/29/2017 2:16:44 PM  
**Subject:** Re: FYI...

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He'll be available after his lunch meeting except for the meeting with Duane Parish.

Sent using OWA for iPhone

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**From:** Lily Cogdill  
**Sent:** Monday, May 29, 2017 11:31:23 AM  
**To:** Danny Varat  
**Subject:** Re: FYI...

What time will you all be in the office so that I can schedule it?

Lily

Get [Outlook for iOS](#)

On Mon, May 29, 2017 at 11:29 AM -0400, "Danny Varat" <DannyVarat@scstatehouse.gov> wrote:

Schedule 10 minutes in Wednesday to review this with him

Sent using OWA for iPhone

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**From:** Kevin Bryant  
**Sent:** Sunday, May 28, 2017 2:34:45 PM  
**To:** Danny Varat; Lily Cogdill  
**Subject:** Re: FYI...

I quit! How do i enroll to get my \$\$?

Kevin  
Sent from my iPhone

On May 27, 2017, at 9:50 AM, Danny Varat <DannyVarat@scstatehouse.gov> wrote:

Have you seen this?

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**From:** Lily Cogdill  
**Sent:** Monday, May 8, 2017 1:09 PM  
**To:** Danny Varat  
**Subject:** FW: FYI...

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From: Washington, Cheryl [<mailto:cwashington@aging.sc.gov>]  
Sent: Monday, May 08, 2017 12:24 PM  
To: Lily Cogdill <[LilyCogdill@scstatehouse.gov](mailto:LilyCogdill@scstatehouse.gov)>  
Subject: FYI...

Lily, here's some information if the Lt. Governor needs it.

Cheryl

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From: Hart, Selina  
Sent: Monday, May 8, 2017 12:15 PM  
To: Washington, Cheryl <[cwashington@aging.sc.gov](mailto:cwashington@aging.sc.gov)>  
Subject: RE: Please Call Me

Cheryl,

I think he has to complete a number of telephone calls from a Quit for Life Coach. At that point the surcharge will be waived.

The information is below:

## Smoking Cessation

Tobacco use is the number one preventable cause of death and disease in the United States today. The direct medical costs associated with smoking are more than \$50 billion per year. That's about 7 percent of the national total cost of health care. Quitting smoking can be one of the single most important decisions a person makes for his or her health. Employers who help their employees break the habit may see long-term benefits with less sick days, medical claims and health care costs. We have two programs to choose from.

Quit for Life®

BlueCross has partnered with Alere Wellbeing to offer your accounts' employees one of the most successful tobacco treatment programs. Alere Wellbeing is an independent company that offers the Quit for Life program on behalf of BlueCross. The Quit for Life program is an award-winning, science-based program that gives employees personalized, professional support every step of the way. This program is effective with all types of tobacco users — cigarette, pipe, cigar and smokeless tobacco.

## How It Works

Quit Coaches who are trained tobacco treatment specialists help employees prepare to quit. Preparation includes learning what to expect both physically and emotionally, planning for stressful situations and potential triggers, and practicing techniques that will help them quit. The Quit for Life program helps your accounts' employees develop a plan to quit their way. The Quit Coach will find out what has worked for them in the past and what hasn't. Then, together, a personalized plan will be created that includes:

- One-on-one phone-based sessions scheduled at your employees' convenience.
- Unlimited toll-free telephone access to our specialists for the duration of the program.
- Recommendations for Nicotine Replacement Therapy (NRT) like the patch, gum or lozenges.
- Delivery of NRT directly to employees' homes at no cost to them, if they choose to use it.
- A Quit Kit of materials designed to help employees between sessions with their Quit Coaches.
- Access to Web Coach, an online resource offering a suite of interactive features, evidence-based content, and social forums.

Hundreds of thousands of people have quit using tobacco thanks to this program.

## Smoking Cessation

When your accounts offer Smoking Cessation to their employees, they'll help them with kicking the habit. Participation is voluntary and confidential.

When they enroll, your accounts' employees receive a tool kit featuring a book titled 7 Steps to a Smoke-Free Life, a booklet including tips and relaxation techniques, a tracking log, gum and a stress relief item. They also receive two health-counseling calls for goal setting and follow-up. The program can help employees:

- Understand why quitting is important.
- Learn how quitting can improve their health.
- Decide their personal reasons for quitting.
- Learn ways to quit without going "cold turkey."
- Get support from their partner, family and friends.
- Keep their emotions balanced.
- Avoid temptation to smoke.
- Break the habits that go with smoking.
- Conquer the nicotine addiction.

For more information, please contact your BlueCross marketing representative today!

Selina N. Hart

Benefits Manager, Administrative Services Human Resources

The South Carolina

Department of Administration

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(803) 737-1979 | (803) 737-1880 fax

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