

# the **BOZZ**

November 2020

## Great American Smokeout is November 19

The Great American Smokeout grew from a 1970 event during which people were asked to give up smoking for a day and donate the money they saved to a high school scholarship fund. The idea caught on and on November 18, 1976, nearly one million smokers quit for the day.

Eventually, this event grew into the American Cancer Society's Great American Smokeout. This annual event challenges smokers to quit and provides resources and tools to help them. This year the Great American Smokeout is celebrated on November 19.

We all know that quitting smoking is not easy, and it may take several attempts to break the habit. Combining strategies can improve your chances of quitting and staying quit. Your health care provider can assist you in finding the best way for you.

### Benefits of Quitting

You can start [HERE](#) to learn the harmful effects of smoking as well as the benefits of quitting. Some of the effects of quitting include:

- **Breathing improves.** Some smokers may notice after quitting that walking up a flight of stairs becomes easier.
- **Decreases risk of cancer.** Data from the U.S. National Health Interview Survey show that people who quit smoking, regardless of their age, are less likely to die from smoking-related illness than those who continue to smoke.
- **Reduces belly fat and decreases the risk of diabetes.**
- **Decreases the risk of disease.** Reduce your risk for disease like heart disease and chronic obstructive pulmonary disease (COPD).
- **Improves your skin tone.** Quitting can clear up blemishes and protect your skin from wrinkles.

### Creating a Plan to Quit

Quitting can be a challenge and having a plan may make it easier. Start [HERE](#) to make a plan today. A plan can involve:

**A quit date** – This is the day you throw out the cigarettes and stop smoking.

**Motivation** – Whether quitting is for your health, to save money or for your family, determining why you want to stop smoking will keep you motivated.

**Identifying triggers** – Identifying and recognizing things that make you more likely to smoke will help you create a plan to deal with your triggers.

### Nicotine Replacement Therapy (NRT)

Nicotine replacement therapy involves medicines that reduce withdrawal feelings by giving you a small controlled amount of nicotine without the dangerous chemicals found in cigarettes. Doctors and medical experts think NRT is one of the most helpful tools when quitting smoking. NRT comes in a variety of forms; some can be purchased over the counter while others require a prescription. Talk to your doctor to see which would be best for you. The types of NRT include:

- Patch
- Gum
- Lozenge
- Inhaler
- Nasal spray

Click [HERE](#) to learn more about NRT.

**DID YOU KNOW?**  
November 18, 1976,  
nearly one million  
smokers quit for  
the day



### Helpful Programs and Resources

Numerous resources are available to help you determine the best way for you to quit smoking. They include:

- **Smokefree.gov** is a website dedicated to helping you quit smoking with resources for women, veterans, teens, Spanish speakers and people over 60 years old. Click [HERE](#) to visit this website.
- **1-800-QUIT-NOW** - or click [HERE](#) for the web page version- Offers one-on-one support to beat urges, manage withdrawal symptoms and switch up your habits so you can enjoy a tobacco-free life.
- **QuitSTART** and **Quitguide** are free apps that help you quit smoking. Customized tips like understanding your smoking pattern, inspiration and challenges will help you build the skills to become and stay smoke-free. Download either of these in your App or Play Store on your Apple or Android device.
- **Free NRT products** are offered through the City's Medical Plan provider, Anthem Blue Cross Blue Shield. Employees and their covered dependents 18 years of age and older can receive 180 days of therapy at no cost. Products include: Zyban (brand and generic), Chantix and over the counter nicotine patches, gum and lozenges. Prescriptions are needed to receive these products at no expense.
- **Well-Being Coach** is a tool offered through the City's medical plan provider, Anthem Blue Cross Blue Shield. It provides a live health coach who motivates and supports you in your effort to quit. This tool can be found in the Engage app or call the Member Services number on your Anthem member ID card. (Directions for downloading the Engage app can be found on the next page.)
- **Quitting Tobacco Roadmap** presented by Anthem Blue Cross Blue Shield is a step-by-step guide to quitting tobacco. Click [HERE](#) to access this resource.

# Complete Your Health Assessment and Earn a \$25 Gift Card

Your journey to better health is just a step away. Let us help you take the first step by starting your health assessment today.

The health assessment is free for all members on the Anthem Blue Cross Blue Shield medical plan, but only active employees are eligible for the \$25 gift card. The health assessment will be completed in Anthem's Engage Wellbeing online tool. Follow the steps below to complete your Health Assessment today!

## 1) Are you registered in Engage?

If not, follow the below steps.

If you are registered, follow the steps in the below "Complete Your Health Assessment."

### Download Engage from your phone:

1. On your Apple device, open App Store. On your Android device, open Play Store.
2. Enter Engage into the search bar and select Download.
3. Once downloaded, the Engage logo will appear on your device.
4. Click on Register.
5. Enter City of St. Louis as company name.
6. Follow instructions to complete registration.

-OR-

### Access Engage from a computer:

1. Visit [www.engage-wellbeing.com](http://www.engage-wellbeing.com).
2. Click on Register.
3. Enter City of St. Louis as company name.
4. Follow instructions to complete registration.

## 2) Complete Your Health Assessment

### From the Engage app:

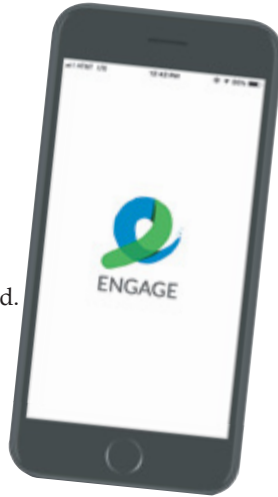
1. Open the Engage app.
2. Select Benefits from the bottom navigation bar.
3. Scroll down and click Your Health Quiz and hit Go.
4. You may be prompted to log into [anthem.com](http://anthem.com) or register as a new user.
5. From the Wellness and Health Screen scroll down to WebMD Health Risk Assessment and click Learn More.
6. Under Take the First Step, click Start your assessment, and then Take it now.

-OR-

### From a computer:

1. Visit [www.engage-wellbeing.com](http://www.engage-wellbeing.com).
2. Select Benefits from the navigation bar.
3. Click Your Health Quiz and Go.
4. You may be prompted to log into [anthem.com](http://anthem.com) or register as a new user.
5. From the Wellness and Health Screen scroll down to WebMD Health Risk Assessment and click Learn More.
6. Under Take the First Step, click Start your assessment, and then Take it now.

Gift cards will be issued at the end of each quarter based on the health assessment completion report. Gift cards will be mailed directly to the address on file with the City of St. Louis.



## Mammography Screenings

### New Siteman Mammography Van screening procedures during COVID-19 pandemic

The following procedural changes will allow Siteman Mammography Van to maximize patient and staff safety, while maintaining a standard of excellence in patient care:

- For the safety of patients and staff, **all patients will be required to wear a mask** in order to enter the van. Masks will be available for patients who need one. Patients who refuse to wear a mask will not be screened.
- At this time, the screening will be **unable to accommodate walk-ins** unless there is a cancellation in the schedule. Walk-ins will require advanced approval from the van technologist.
- Patients will be given a scheduled appointment time, and on screening day, they will be notified when they can enter the vehicle. Van staff will send a text message or phone call to the patient when the staff is ready for her to board the van.

**Call to make your appointment today:  
314-747-7222 or 800-600-3606 (Option #2)**

Nov 16	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Nov 23	Police Headquarters	1915 Olive St., St. Louis, MO 63103	8 a.m.-3 p.m.



A PARTNERSHIP OF THE  
City of St. Louis and BJC HealthCare



Provided by: Department of Personnel and BJC HealthCare for the BeeFit Wellness Program

For more information: Contact Cathy Hargrove at 314-622-4849 or [hargrovec@stlouis-mo.gov](mailto:hargrovec@stlouis-mo.gov)

Look for us on: 