

# NEW—TOBACCO SURCHARGE — ACTION REQUIRED

## What is the Tobacco Surcharge?

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Tobacco use contributes to chronic and serious diseases, such as heart disease, hypertension and cancer, which results in increased health care costs for covered individuals in the Northwestern medical plans. The purpose of the program is to provide an incentive for tobacco users to start the process of quitting. The surcharge collected is used to offset the cost of tobacco use for non-tobacco users enrolled in the medical plans.

A **\$50 per month tobacco surcharge** is assessed only on medical plans and only impacts enrolled employees who 1) use tobacco products and/or who have a covered spouse or dependent child who use tobacco products; or 2) those who do not opt-out of the Tobacco Surcharge Program. It is not applicable to dental or vision coverage.

You will only be charged the \$50 surcharge once per month, regardless of how many family members use tobacco products.

## What is Considered Tobacco Use?

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Tobacco use is considered the use of any tobacco product within the last six (6) months. Tobacco use for religious or ceremonial purposes is not included in the definition of tobacco use. Tobacco use includes but is not limited to cigarettes, cigars, pipes, e-cigarettes containing nicotine, smokeless tobacco (chewing tobacco, snuff, dip or any other product that contains tobacco) and any other smoking devices that use tobacco (e.g. hookahs).

To learn more about the Tobacco Surcharge Program, please visit the Frequently Asked Question (FAQ) page on the Northwestern Human Resources Benefits website: [Open Enrollment FAQs: Human Resources - Northwestern University](#)

## Attesting to Your Tobacco Use Status

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To make changes to your Tobacco Use Status, log into your Northwestern University myHR portal and proceed to:

1. Select the **Benefits** tile in myHR Self Service.
2. Select **Postdoctoral Benefit** to enroll in health, dental, vision, life Insurance.
3. Select **Postdoctoral Open Enrollment Elections**.
4. Select **Begin Enrollment** from the center of the page.

Login as a **RETURNING USER**. Utilize the **Forgot User ID or Password** link if necessary.

Once you have logged in and are viewing the enrollment wizard, interact with the required fields and progress through the wizard in order to attest to the tobacco use status of you and your covered dependents.

***\$50 PER MONTH SURCHARGE IS APPLIED FOR TOBACCO USERS AND THOSE WHO DO NOT ATTEST THAT THEY DO NOT USE TOBACCO.***

## Programs are Available to Help Tobacco Users to Quit

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Blue Cross Blue Shield's tobacco cessation programs consist of methods to help you learn to quit smoking, with one-on-one coaching and innovative lessons developed using the most current academic and medical research. See [flyer](#) for more information.

**Program Details can be found in the Well onTarget Portal at [wellontarget.com](http://wellontarget.com), or call 877-806-9380.**