

Help teens and adolescents quit smoking



Because of the addictive nature of nicotine, helping teens and adolescents quit smoking is especially challenging. Being successful in helping teens and adolescents quit requires understanding the nature of addiction-based behaviors.

One of the best things you can do before you educate your patients on smoking is to register for one of our online modules at <https://providers.anthem.com/in> located under Resources > Online Training Resources > Relias.*

Relias online training provides training geared toward all practitioners. You can obtain a user ID and password by emailing Relias at IndianaMedicaidAcademy@anthem.com.

Once you have obtained a user ID and password, you will be able to access a variety of trainings, including:

- Smoking Cessation: Developing A Workplan.
- Treatment of Tobacco Use Disorder.
- Addressing Tobacco Use in the Behavioral Population.

If you have any questions, please contact your Provider Experience manager.



Email is the quickest and most direct way to receive important information from Anthem Blue Cross and Blue Shield.



To start receiving email from us (including some sent in lieu of fax or mail), submit your information using the QR code to the right or via our online form (<https://bit.ly/2XN9y9o>).

* Relias is an independent company providing online training services on behalf of Anthem Blue Cross and Blue Shield.

<https://providers.anthem.com/in>

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