

WHY SHOULD I USE A TOBACCO CESSATION PROGRAM?

My Health Onsite cares about the health of you and your family. We help tobacco users understand and cope with problems they have when trying to quit. During the **comprehensive 6-week tobacco cessation program**, patients will learn problem-solving and other coping skills.



A Tobacco Treatment Specialist will work one-on-one with you by:

- ✓ Helping you understand your tobacco use
- ✓ Teaching you how to handle withdrawal and stress
- ✓ Teaching you tips to help resist the urge to use tobacco
 - ✓ Providing a personalized plan to quit
- ✓ Being there to support your efforts every week



WHAT IS COVERED DURING THE 6-WEEK PROGRAM?

A Tobacco Treatment Specialist will discuss these topics while offering useful information and tips to help support your quit journey:

- Addiction | Developing a quit plan | Positive affirmations | Relapse prevention
- Contents of tobacco products | Dealing with withdrawal symptoms and triggers | Money savings
- Positive aspects of quitting | Withdrawal symptoms | Health benefits of quitting | Medications
- Personal benefits of quitting | Alternative activities in place of nicotine | Stress management

To enroll in the Tobacco Cessation Program, ask your provider at the Employee Health Center to refer you into the program or call our 24-hr Call Center Support Team at **888.644.1448**