



NICOTINE CESSATION PROGRAM

35%
AVERAGE NICOTINE
QUIT RATE

There is no denying that nicotine use is harmful to your health. Nicotine use increases risks for heart disease, cancer, and many other chronic conditions. But employee nicotine use is also hurting your company's bottom line.

It's estimated that nicotine users incur \$2,284¹ more per person per year in health care costs and \$2,574² more per year in lost time through breaks and absenteeism. The HealthCheck360 Nicotine Cessation Program can help your employees get the support they need to quit, ultimately allowing your workforce to be healthier and happier.

NICOTINE CESSATION PROGRAM

HealthCheck360's Nicotine Cessation Program teaches participants:

- Behavior modification skills
- Tools to beat their nicotine addiction
- Their best method of quitting
- How to set appropriate and achievable goals
- Stress Management

PROGRAM INCLUDES

1. **A welcome packet** – Sent to the participant's home with the program book, general information about the process.
2. **Coaching** – Participants connect with their dedicated coach one-on-one through the 12-week program.
3. **Communication** – Nicotine Cessation Program announcements, fliers, posters, and program outlines to help you communicate the program to your employees.
4. **Tiered Engagement Structure** – Designed to keep frequent communication with those who need it, and reduce communication for those who don't need it.
5. **Reporting** – Supports incentive based, outcome driven programming.

PROGRAM OUTLINE



¹ Centers for Disease Control and Prevention. MMWR, 51 (14): 300-303, April 2002. Annual Smoking – Attributable Mortality, Years of Potential Life Lost, and Economic Costs – United States, 1995-1999. Cost reflects 5% adjustment for inflation.

² EPIC/MRI Survey. Unpublished Report, April 2000. Smoking Breaks Costly to Business.