

**Statistics tell us that 18% of your employees smoke or use tobacco. Even if your business is “smoke free,” tobacco use still costs your business money.**

- Higher insurance costs
- Higher medical costs
- Higher absenteeism
- Higher disability costs
- Higher injury rates
- Lower productivity

Studies show that medical costs are more than 25% higher for smokers. Smokers lose more time to illness than non-smokers and have higher rates of hospitalization and longer stays.

**Tobacco use is the #1 preventable cause of death & disease.**

***But it is preventable!***

Research at The Ohio State University showed that one smoking employee can cost more than **\$5,000 per year** and 30 minutes per day of lost productivity.



## The Breathing Association

Better Breathing for Better Lives.

The Breathing Association is a Central Ohio non-profit organization that was founded in 1906 as the Tuberculosis Society. Our mission today remains the same - to help people breathe easier through education, detection, care and treatment.

### Quit for Good

Recognizing the devastating effects of tobacco use and addiction, The Breathing Association championed the efforts that led to Smoke Free Ohio in 2006 and began providing smoking awareness and cessation services to individuals, businesses and schools. We train and certify Tobacco Treatment Specialists and offer smoking cessation assistance through our Lung Health Clinics.

# Quit for Good

**Don't Let Your Profits Go Up In Smoke!**

Workplace Tobacco Cessation Classes



[www.breathingassociation.org](http://www.breathingassociation.org)

788 Mt. Vernon, Columbus,  
Ohio 43203

The Breathing Association

Better Breathing for Better Lives.

## Make a smart investment in your business

### WORK-PLACE TOBACCO CESSATION CLASSES *WORK.*

The Quit for Good program is based on the very latest research on tobacco use and cessation studies. Our program utilizes evidence-based counseling, and when used with over-the-counter or prescription nicotine replacement therapies, participants will have more success than trying to quit alone.

## THEIR GOAL IS TO QUIT.

Yours is to start realizing their full potential.

### Smokers Want to Quit.

Quitting alone frequently results in failure. Helping your employee through a work-place tobacco cessation program increases the chance of success for you both.



HELP

## Get Started Now!

Classes held at your location, reducing time off the job.

### 6 WEEKLY, 30 MINUTE CLASSES

Classes are facilitated by one of our certified Tobacco Treatment Specialists who review each enrollee's unique challenges.

### 6-10 PEOPLE PER CLASS

The structured program and small group counseling guides participants through together, building confidence and energy for the hard work of quitting. Quit for Good recognizes that while the journey is personal, the support provided by co-workers in the group is what makes the difference.

### 12 MONTHS OF INDIVIDUAL FOLLOW-UP

Our goal is success! We provide one-to-one support for a full year for all participants to maximize success and prevent relapse.

### RESULTS ARE IMMEDIATE!

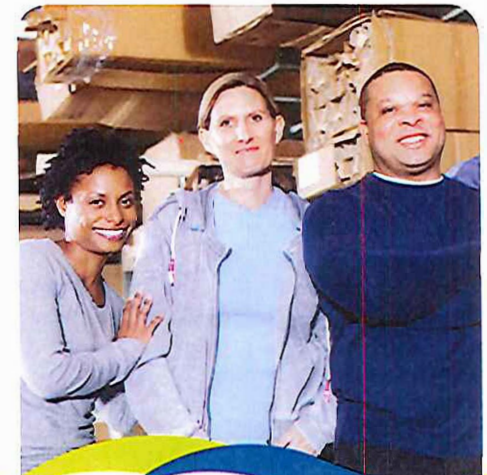
In just 24 hours after quitting, the chance of a heart attack or stroke decrease dramatically. In 2 weeks circulation and blood pressure improves. After a month, the lungs begin to clear and shortness of breath decreases.

**Quitting – a win-win  
for everyone.**

## Quit for Good makes business sense.

It is an investment in your employee, their family and your organization.

When it comes to offering wellness options to your employees, our Quit for Good program offers benefits that have a lasting legacy - healthier employees, healthier families and a healthier business.



THE BREATHING ASSOCIATION IS THE LEADING RESOURCE FOR PROMOTING LUNG HEALTH AND PREVENTING LUNG DISEASE. FOR MORE INFORMATION ABOUT HOW OUR PROGRAM CAN IMPROVE THE HEALTH OF YOUR BUSINESS AND YOUR EMPLOYEES, CALL 614-437-1521 OR EMAIL [DAVAN.OREILLY@BREATHINGASSOCIATION.ORG](mailto:DAVAN.OREILLY@BREATHINGASSOCIATION.ORG)

**The Breathing  
Association**  
Better Breathing for Better Lives.