

Quit for Good



One smoking employee can cost your business more than \$5,000 a year, and smokers lose more time to illness and lost productivity than non-smokers. Studies show that tobacco or nicotine use can lead to higher insurance costs, higher absenteeism, higher medical and disability costs, and lower productivity.

Quitting is a win-win for everyone. Helping your employees quit not only saves lives, but also helps employees save money and positively impacts your bottom line.

Quit for Good, The Breathing Association's workplace nicotine cessation program, is a free, evidence-based program that gets results by combining best practices, such as group education and counseling, with individual follow up to help your employees quit...for good.

A Structured Program

- Six consecutive weekly 30-minute classes
- In-person follow-up gathering three months after the start of the program to assist with possible lapses and/or relapses
- One-to-one follow-up support for a full year
- Class size of 6 to 10 participants
- Classes held at your facility accommodating your business schedule

Individualized

- Individualized quit plans to track habits, behaviors, and manage cravings
- Tips on how to talk to a physician about a quit plan
- Access to follow-up support for 12 additional months

Evidence-Based

- Classes are facilitated by one of our Certified Tobacco Treatment Specialists
- Education on how nicotine use impacts the body and brain, the addiction cycle, and the benefits of quitting
- Education about the impact of nicotine use on the family, finances, and workplace
- Information on the most effective over-the-counter and prescription nicotine replacement therapies and medications

Group Support

- Small group education and counseling generates positive group dynamics and support
- Support team building both on and off the job
- Relapse prevention, stress management, and strategies

For more information, please contact our Tobacco Cessation Manager, Davan O'Reilly, at davan.oreilly@breathingassociation.org or our RN, CHPN Starla Mason at starla.mason@breathingassociation.org.


The Breathing
Association
Lung Health Clinic