

Pharmacy Department

Tobacco Cessation Clinic

for Southwest General Employees

Learn more about the Tobacco Cessation Clinic, log onto the Intranet and Training Partner for information and to schedule classes.

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www.swgeneral.com





The road to quitting starts here!

Most of us know how tobacco use (smoke, chew, dip) hurts our health, but quitting can be a challenge. After all, it's a permanent lifestyle change. Southwest General can help! Our Tobacco Cessation Clinic provides quality, evidence-based care in a non-judgmental, supportive environment.

The Clinic offers a combination of behavioral therapy and medication that has been proven to dramatically increase the chance of success. Certified smoking cessation specialists will help you understand all the treatment options available and create a customized plan to help you quit tobacco use.

Comprehensive program

Southwest General's Tobacco Cessation Clinic includes:

- Two classes conducted by smoking cessation specialists
- Free nicotine replacement products
- Reduced co-pay on Chantix or Zyban, prescribed by your primary care physician
- Individualized treatment plan using proven techniques, nicotine replacement strategies and medications
- 24-hour "Quit Line"—**1-877-448-7848**.
- Goal setting with a plan to get you through nicotine addiction, triggers and relapses
- Follow-up calls and visits, as needed

Quitting just makes "cents"

Quitting tobacco use just doesn't affect your health—it can affect your savings, too. Take smoking, for example. A pack-a-day smoker spends the following on cigarettes (based on \$6.24/pack):



What will your tobacco habit cost you this month, this year, in five years? Think of what you could do with that extra cash! Consider the savings—and the health benefits—if you quit using tobacco. You will save in the cost of your health plan as well.

Worried about weight gain after quitting tobacco use?

If you're concerned about gaining weight after you quit tobacco use, consider joining LifeWorks of Southwest General, a premier health and wellness facility. For more information, call LifeWorks at 440-816-4214 or visit www.lifeworksfitness.net.

Set your "quit date"

- One-hour classes are available at various times to meet your schedule (two classes are included in the program).
- Homework must be completed prior to classes. It includes listing tobacco history, times and amounts of cigarettes, triggers, goals, etc.
- Information and paperwork are available on the Intranet (type <http://swintranet/smokingcessation/main.cfm>).
- Class schedules are available on Training Partner (Intranet).
- If you have questions, call 440-816-6743.