

## **Tobacco Cessation 101**

The current Employee Assistance Program provides a Tobacco Cessation course through the City's HealthyConnections Wellness Program called Tobacco Cessation 101. It's a two-part course to help employees live tobacco-free. Classes, which are designed for all tobacco users, are offered at worksites across the City.

Part 1, which is two hours, includes time with a trained counselor to develop a Live Tobacco Free plan for each participant. Part 2 is a one hour class, scheduled a few weeks later, for check-in and support.

Individuals who complete the course are eligible to receive cessation medication (including over-the-counter products) free for six months with a physician's prescription. Employees, retirees, and eligible dependents (age 18 years and older) who are enrolled in a City medical plan are eligible for this benefit.

Employees and retirees who are tobacco users are charged a tobacco premium; however, after completion of the two-part Tobacco Cessation course, the tobacco premium is waived.