



## **A free tobacco cessation program for you and your employees!**

To help you stay current with issues impacting your business today, we want to make you aware of a new tobacco cessation program called **QUITPLAN at Work<sup>SM</sup>**. The program is being offered **FREE** to Minnesota employers through a grant funded by Minnesota Partnership for Action Against Tobacco and managed by the health professionals at Park Nicollet HealthSource. The QUITPLAN at Work goal is to provide worksite cessation programs that are focused on people who want to make a quit attempt in the next 30 days.

### **Your company can benefit from:**

- Improved employee health
- Healthier work environment and decreased liabilities associated with second-hand smoke
- Reduced absenteeism
- Improved productivity
- Reduced facility costs

### **Your company will receive:**

- Free onsite tobacco cessation class led by professional counselors
- Assistance with program promotion including:
  - Samples memos
  - Sample promotional flyers
  - Sample company newsletter article
  - Posters and table tents
- Provision and communication of additional resources:
  - Self-help materials
  - Additional QUITPLAN and community cessation resources
- If interested, assistance with the formation of a worksite tobacco policy

### **The participants will receive:**

- A personal plan to stop their tobacco use
- Detailed information about Zyban and Nicotine Replacement Therapy and how to obtain it
- The tools needed to help tobacco-users learn to stop smoking
- Five weeks of group-led support by a trained professional
- Connection to additional resources

**To take advantage of this valuable opportunity, contact Park Nicollet HealthSource, Grant Coordinator, at 952-993-3926. All requests for participation will be reviewed. However, please note that worksites with least access to cessation resources and higher rates of tobacco use will be sought.**