

Help your employees become tobacco-free, for good.

Most tobacco users want to quit. However, many are not utilizing treatment because they are not given easy access to cessation counseling. Employers can make the difference in helping individuals quit by providing easy and free access to cessation education and support.

What Makes BeneQUIT Different?

- Comprehensive program that supports the individual's physical, behavioral, and cognitive factors to increase success
- Ability to assist companies of all sizes, small and large
- Individualized support plan, not one-size-fits-all

FAST FACT:

The combination of counseling and medication is more effective for tobacco cessation than either medication or counseling alone.

BeneQUIT Provides:

- ✓ One-on-one guidance over 5 sessions from a Certified Tobacco Treatment Specialist (CTTS) and health coaches trained in behavior change
- ✓ Nicotine Replacement Therapy (NRT)
- ✓ Informational and preparatory e-book
- ✓ Prerecorded educational webinar
- ✓ Unlimited access to a coach throughout the program year



BeneFIT®
Corporate Wellness



Ways to Stop Tobacco Use

The following treatments are proven to be effective for those who want help to quit:

- Brief help by a doctor
- Individual, group, or telephone counseling
- Behavioral therapies
- Treatments with more person-to-person contact and more intensity



—Centers for Disease Control and Prevention:
www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting

Onsite wellness programs are provided as optional interventions that can be added on at any time and at any site. Minimum participation requirements may apply. These options are provided to support behavior change for health behaviors with the highest associated costs. These programs help participants make healthier choices and adopt the necessary practices to achieve a balanced lifestyle, and lifelong health and wellness.



For more facts on **How Healthier Happens** with BeneQUIT, contact us today.



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