



of Your Health



Elements of a Worksite Comprehensive Smoking Cessation Program

At the Worksite:

- Tobacco-free campus policies
- Educational programs and materials disseminated to employees and spouses— in person, by mail and online
- Screening programs and health assessments

Benefit Coverage for Tobacco Use Treatment:

- Screening
- Counseling by trained professionals
 - In person: Group and/or individual sessions
 - By phone
- Medications
 - Over the counter
 - Nicotine replacement therapy: Gum, Lozenge, Patch
 - Prescriptions
 - Nicotine replacement therapy: Inhaler, Nasal spray , Patch
 - Non-Nicotine replacement therapy:
 - Bupropior (Zybar, Welbutrin)
 - Varenicline (Chantix)

Benefit Policies

- No or limited out-of-pocket costs
- Counseling and all FDA-approved medications
- Recognition of need for multiple attempts to quit -Two treatment course per year

External Resources for Programs, Materials, “Quit lines”

- Community and voluntary health organizations
- Public health agencies
- Health plans and wellness vendors
- Business coalitions and organizations
- Health providers
- Educational institutions

(Source: *Action to Quit*, National Working Group for ACTTION. Partnership for Prevention)