



of Your Health



Materials and Online Resources for Employers on Smoking Cessation

- Beat the Pack**

A comprehensive smoking cessation program available for implementation in the workplace. It includes tools, publications and communication materials to enable employers to conduct worksite programs. The packet and a CD that include all programs, publications, sample communication materials and resources are available at no cost. Sponsored by Pfizer, Inc.

Contact the Midwest Business Group on Health for details on how to obtain the packet and CD at info@mbgh.org

- Courage to Quit**

Courage to Quit is a comprehensive group or individual tobacco treatment program for adults that can be conducted at the worksite. Program leaders provide information, practice skills, and support to help you reach your smoke-free goals. Courage to Quit is available in multiple formats with flexible content that can be customized for delivery to a variety of participant groups. Sponsored by the Respiratory Health Association of Metropolitan Chicago.

[Courage to Quit](#)

- Save Money, Save Lives: Make Your Business Smoke-Free**

This brochure is designed to communicate information about exposure to secondhand smoke in the workplace and benefits to employers for implementing smoke-free worksites. Sponsored by the Centers for Disease Control and Prevention.

[Making Your Business Smoke-Free](#)

- An Employer's Website for Smoking Cessation**

A comprehensive website offering employers information and publications on tobacco and cessation including sections on Health Information, Treatment Options, The Business Case, Health Plan Benefits, Worksite Programs and Policies, Global, and Disparities. Sponsored by the National Business Group on Health

[An Employer's Website for Smoking Cessation](#)



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- **Smoking Cessation Central**

A collection of tools and information to help employers offer an effective smoking cessation benefit and to learn about, design, and implement a smoking cessation benefit. Sponsored by Pfizer, Inc.

[Smoking Cessation Central](#)

- **Making the Business Case for Smoking Cessation: ROI Calculator**

This Web-based ROI calculator developed by the Center for Health Research (Kaiser Permanente Northwest) and America's Health Insurance Plans (AHIP) estimates the impact of smoking cessation interventions for 1 to 5 years.

[Smoking Cessation ROI Calculator](#)

- **Implementing a Tobacco Free Campus Initiative At Your Workplace**

This toolkit provides guidance for implementing a tobacco-free campus (TFC) initiative that includes a policy and comprehensive cessation services for employees. It is based on the Centers for Disease Control and Prevention's (CDC) experience with implementing the U.S. Department of Health and Human Services (HHS) *Tobacco-Free HHS* initiative.

[CDC – Healthier Worksite Initiative: Tobacco Free Workplace Toolkit](#)

- **Advice to Business Owners On Going Smoke-Free**

This website provides information and information on the business case, patron surveys, owner testimonials and other items. Sponsored by Americans for Non-Smokers' Rights.

[Advice for business owners ongoing smoke-free](#)

- **Employers Smoking Cessation Guide: Practical Approaches to a Costly Workplace Problem**

This publication provides information and recommendations on the business case for employers taking action on smoking; how employers can promote workforce smoking cessation; smoking policies; and what large and small employers can do. Sponsored by Professional Assisted Cessation Therapy (PACT)

[Employers Smoking Cessation Guide](#)