



QUIT now!
You can do it. We can help.



*Orthus Health
Tobacco Cessation Program*

FAQ: Some important facts about the program

What is the Orthus Health Tobacco Cessation Program all about? The Tobacco Cessation Program meets you wherever you are in the quitting process – from just thinking about it to almost there. The program helps you quit and then remain tobacco free.

The program also fits your goals, personality, and learning style. You can use interactive web tools and information, as well as phone and online coaching support.

How can the program help me?

You will:

- Gain a better understanding of your tobacco triggers and find more ways to avoid or resist them.
- Have access to in-depth information about tobacco use and the benefits of quitting – all of which start immediately!
- Get personal support throughout the quitting process, with health coaches who work with you by phone or through secure email communications.

What kind of support will I receive?

There are many program resources at your disposal, and you decide which ones to take advantage of.

Resources include:

- Personal coaching, along with counseling via phone and secure email support
- Online tools - Access to the My Pathway to Health® website which includes both smoking and stress trackers
- Health planning tools and an extensive health library

Why should I participate?

Everyone has different reasons for quitting tobacco, from reducing the risk of illness to saving money, to lessening the impact of second-hand smoke on your family. Whatever the reason, it is not too late to quit.

The Tobacco Cessation Program gives you the tools and personal coaching resources to make it happen.

Who are the health coaches?

The health coaches are experienced Orthus Health professionals who understand the challenges of quitting and can help you at any stage of the process.

How is my privacy protected?

Orthus Health administers the program and does not share information about your participation or progress with your employer. Your employer will not receive any personal or individual health information about you. Your privacy is protected in compliance with the Health Insurance and Portability and Accountability Act (HIPAA), which prohibits the sharing of your personal health information without your permission.

How much does it cost to participate?

The program is offered at no cost to you.

How do I get into the program?

Contact your Orthus **Health Coach** and discuss how to access the tobacco cessation resources on the wellness website, www.MyPathwaytoHealth.com.

Don't wait.
The service is free.
Your health benefits start the moment you quit.



The program includes 7 Sessions:

- Session 1:
Considering smoking cessation
- Session 2:
Understanding your addiction and craving/triggers
- Session 3:
Preparing to quit
- Session 4:
Steps to take on quit day
- Session 5:
Ongoing review of triggers
- Session 6:
Dealing with slip-ups
- Session 7:
Maintaining your smoke-free status

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