



**QUIT now!**  
**Get your employees started today!**



*Orthus Health  
Tobacco Cessation Program*

**Our program works!**  
**Many employers now rely on Orthus Health for their smoke-free workplaces**

The Orthus Health Tobacco Cessation Program meets your employees wherever they are in the quitting process – from just thinking about it to almost there. The program helps employees quit and stay tobacco free. Our health coaching program fits each employee’s personality and learning style. Employees can use interactive web tools and information, as well as phone and online coaching support. The reasons individuals have for quitting smoking and using tobacco are as personal and unique as the reasons for starting in the first place. **Our coaches are accommodating and flexible in working with employees and scheduling convenient times.**

### **Program Overview and Resources**

Your employees will:

- Gain a better **understanding of tobacco triggers** and find helpful ways to avoid or resist them.
- Have access to **in-depth information about tobacco use** and the benefits of quitting – which start immediately!
- **Get personal support** throughout the quitting process, with health coaches who work via phone or through secure email.
- Be able to use online tools through the **My Pathway to Health® website ([www.mypathwaytohealth.com](http://www.mypathwaytohealth.com))** which includes both smoking and stress trackers, health planning tools, and an extensive health library.

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 their families. Whatever the reason, it is never too late to quit, and Orthus Health coaches are experienced health professionals who understand the challenges of quitting and can help employees at any stage in their journey to quit. The Tobacco Cessation program gives your employees the tools and personal coaching resources to make it happen.

**Get your employees started on the Orthus Health Tobacco Cessation Program today!** Contact your **account manager**, email [info@orthushealth.com](mailto:info@orthushealth.com) or call **800.550.2427**.

### **Our 7-Session Health Coaching Program:**

- 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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HEALTH**

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