

# Three options for becoming **SMOKE & TOBACCO FREE**

## Option 1

### **“Beat the Pack” tobacco cessation**

Four-week, in-person program for **HH, Madison Hospital, TOC and HEMSI** employees at the Center for Lung Health at the Medical Mall. Virtual option available for all HH Health System employees. Follow-up support after program completion. Participants receive a certification upon completion of the program. **Spouses are included.**

## Option 2

### **Alabama & Tennessee tobacco quitlines**

#### **CALL 1-800-QUIT-NOW TODAY!**

Free coaching – over the phone – to help you quit smoking without judgment. Clients can receive a certificate of completion upon request. Additional resources available at [QuitNowAlabama.com](http://QuitNowAlabama.com) and [TNQuitLine.com](http://TNQuitLine.com).

**Note: Any employee and their spouse may receive free nicotine replacement therapy patches for up to eight weeks.**

## Option 3

### **Smoking cessation online**

Online program offered through the US Health Center employee portal. Go to homepage on personal health desktop and click on Road to Wellness. Eligible for **HH, Madison Hospital, Athens-Limestone, Decatur Morgan and Helen Keller** employees.

### **Quit aids**

See Employee Health physician for information about prescription quit aids.