

UF's Employees and Students

Free smoking cessation program

Currently enrolling participants for two groups:

1. One will be offered at the College of Health Professions beginning at 8:30 a.m. Friday, Sept. 4 in Room G111.
2. The second group will meet at the Student Health Care Center (the Infirmary) on campus at noon beginning on Tuesday, Sept. 15.

The groups will meet for approximately 90 minutes for six consecutive weeks and will include education, group support and medical oversight with pharmaceutical smoking cessation medications. Medications will be available under the prescription and management of a skilled medical provider and offered to participants at a significant discount. Because success at quitting is more likely when partners quit together, spouses and partners are invited to participate at no cost also.

Additional groups will be offered as demand requires. Because a brief medical screening is required, please call early to enroll. For more information or to enroll, please contact the EAP program at 352-392-5787 or go to: <http://shcc.ufl.edu/ocmed/esc.shtml>.

Shands Employees

If you are a Shands employee who is interested in becoming tobacco-free, please contact Human Resources Occupational Health Services at 352-265-0250.

Please view our Tobacco-Free Together site on the ShandsConnect Portal, located under "Employee Resources." It includes links to Shands employee-specific resources, including the OHS Smoking Cessation site and other information to help employees reduce or quit the use of tobacco products.

- **Occupational Health Services (OHS)** offers Freedom from Smoking classes to both employees and their spouses for a nominal fee. The course provides step-by-step guidance to stop smoking in supportive surroundings. Check the smoking cessation Web site for a list of dates/times. OHS nurse practitioners can assist with recommending and prescribing medications to reduce tobacco cravings. Cost of medications may be covered by your health insurance.
- The **Employee Assistance Program (EAP)** can provide the psychological support to stop smoking.
- Shands' group **Pharmacy Benefit Plan** already includes CHANTIX®, a promising prescription medication to combat smoking. For benefits-eligible employees and eligible dependents who are enrolled in either the Shands Preferred or Shands Basic medical plan, this medicine is available at a special co-payment of \$45 for a 30-day supply when purchased at a Shands-owned pharmacy. (Plaza Pharmacy at Ayers; Shands Outpatient Pharmacy or the Shands Medical Plaza pharmacy). These pharmacies will also carry nicotine replacement products (gum and patches) available to employees at current retail prices. Items obtained at Shands-owned pharmacies can be purchased by way of **payroll deduction**. Community

hospital employees may have their prescriptions filled and mailed to them by the Shands Medical Plaza Pharmacy by calling 352-265-8270 or toll-free at 888-345-8270

General Public

CHOICES Health Education and Wellness Program—Tobacco Cessation Program

Free and open to Alachua County residents, this program meets twice a month (every second and fourth Tuesday at the Alachua County Health Department). After attending two meetings in a month, participants are eligible to receive a free nicotine patch. For more information, call 352-334-8889 or visit <http://www.alachuacounty.us/government/depts/css/choices/>.

The Quit Line

This Department of Health resource is available to all Florida residents. Included are five counseling sessions (eight for pregnant woman), self-help materials and coupons for nicotine replacement therapy assistance. Counselors are available 24 hours a day and resources are provided in English and Spanish. For more information, call 1-877-U-CAN-Now (877-822-6669) or 850-245-4144, or visit www.tobaccofreeflorida.com or www.floridaquitline.com.

American Lung Association: Freedom from Smoking Online

Available to anyone who opens a free account with the Web site, www.ffsonline.org. This is an online cessation program featuring seven modules.