



“QUIT IT” Provides:

- One-on-one coaching
- Weekly support group
- Nicotine replacement therapy for 10 full weeks at no cost



Because the class may meet during work hours, you must get your manager's approval to participate.

HPMC Occupational Medical Services

Occupational Health & Wellness

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"QUIT IT!"

Tobacco Cessation 10-Week Program

Nicotine replacement therapy
for 10 full weeks at no cost

HPMC OCCUPATIONAL
MEDICAL SERVICES

“QUIT IT” PROGRAM

We understand the extreme hold that nicotine can have on a person. And we respect the fact that though many people wish to quit, it’s much easier said than done. Quitting tobacco is a process that sometimes ends in failure, but with each quit attempt, users become closer to being tobacco free.

We use the most up-to-date education and clinical guidelines to provide the highest quality of support, and to give you the best possible chance at living a tobacco-free life.

The U.S. Department of Health and Human Services suggests that the combination of education, support, and the proper pharmacotherapy (nicotine replacement therapy) will give a tobacco user the best chance at achieving success.

With this knowledge, our “Quit It” Program has been designed to provide one-on-one coaching, weekly support groups, and appropriate nicotine replacement therapy to participants.

Nicotine Replacement Therapy products will be provided to participants who are actively involved in the 10-week program.

PROGRAM DETAILS

Initial Session:

This will be a one-on-one appointment with our Tobacco Treatment Specialist to set goals, select a quit date, and discuss a nicotine replacement therapy plan.

Support Group:

The group will meet for one hour each week for support, accountability, and to receive nicotine replacement therapy.

Instructor:

Tobacco Treatment Specialist
Certified by Mayo Clinic
Nicotine Dependence Center

Guidelines:

Participants must attend the weekly support group to continue to receive nicotine replacement therapy during the 10-week period.

Eligibility:

Participants must be employees who are performing Hanford work and are eligible for occupational medical services.

Smokers, chewers, and e-cigarette users are welcome.

NEXT SESSION

8/15/16
through
10/17/16

The class meets on
Mondays for 10 weeks
3:30-4:30pm
1979 Snyder Street
Room 136

Registration REQUIRED

Space is limited

Contact 376-3939 or
omchew@rl.gov for
registration information

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