



# WILL U BE A QUITTER?

## SHILOH TOBACCO/NICOTINE CESSATION PROGRAM

### WHY WOULD I NEED TO ENROLL?

Employees who do not use nicotine and/or tobacco products can attest that they are tobacco/nicotine free. Employees who have used tobacco/nicotine products in the past six months will be charged a Tobacco Surcharge of \$75 per month starting January 1<sup>st</sup>. To avoid or end the Tobacco Surcharge, you are invited to complete the UBreathe Tobacco Cessation program. To enroll in UBreathe, call a Health Coach at **800.882.2109** or email **coaching@marqueehealth.com** and reference Shiloh. Employees must enroll by February 26, 2021 and complete the 4-session program by March 31, 2021 to be eligible.

New Hires will have 90 days from date of hire to enroll in the UBreathe program and complete the required four (4) telephonic sessions. The UBreathe Program will still be available all year long for any employees who wish to become tobacco free.

### WHAT WILL I LEARN THROUGH UBREATHE?

The UBreathe program is based on positive psychology and is designed to help you move from pre-contemplation, and all stages in between, to action. In this program, certified tobacco cessation specialists will help you learn where you are in your 'readiness to quit' tobacco and will provide you with support, education, information and accountability. Focus areas may include:

- The Benefits of Quitting All Forms of Tobacco (cigarettes, vaporizers e-cigarettes, smokeless tobacco, cigars/pipes)
- Setting a 'Quit Date'
- Creating a Stress Management Plan
- Incorporating Healthier Lifestyle Behaviors
- Education about Helpful Nicotine Replacement Therapies and Medications
- Planning for Triggers, Cravings and Withdrawal Symptoms
- Creating a 'Quit Plan'
- Providing Ongoing Support to Stay Quit

## UBREATHE

A PROVEN AND EFFECTIVE APPROACH TO TOBACCO/NICOTINE CESSATION

### ELIGIBILITY

The UBreathe program is offered to all Shiloh employees who are interested in quitting tobacco/nicotine. However, only employees on the medical plan who have used tobacco/nicotine products in the last 6 months will be charged the \$75 per month smoking surcharge starting January 1<sup>st</sup> but can stop that surcharge by enrolling in the UBreathe Program by February 26<sup>th</sup> and completing the program by March 31<sup>st</sup>.

### ENROLLMENT

To enroll in the UBreathe program, call or email a Health Coach and reference Shiloh!

- Email: **coaching@marqueehealth.com**
- Phone: **800.882.2109**

