

DURA/SHILOH 2023 TOBACCO CESSATION PROGRAM

ENROLL BY MARCH 1, 2023

Employees can contact a Health Coach by March 1st and reference Dura or Shiloh



Call **800.882.2109** option 1



Email a Health Educator at **coaching@marqueehealth.com**

Employees who are tobacco users but wish to avoid or end the \$75/month surcharge are invited to complete the UBreathe Tobacco Cessation program, provided confidentially by Marquee Health. In order to avoid or end the monthly surcharge, employees must begin the program prior to **March 1, 2023** and complete the program by **March 31, 2023**. The UBreathe program consists of **4 weekly telephonic coaching sessions** with your dedicated Health Coach.

WHAT WILL I LEARN THROUGH UBREATHE?

- The benefits of quitting
- Setting a 'Quit Date' & creating a 'Quit Plan'
- Planning for triggers, cravings & withdrawals
- Creating a stress management plan
- Providing ongoing support to stay quit
- Education about Nicotine Replacement Therapies & Medications

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