

## Tobacco Cessation Incentive Program

As part of its commitment to providing a healthy and productive workplace, Creighton University offers subsidized tobacco cessation programs and services for employees to support the University's tobacco free campus policy.



### *Tobacco 101: Understanding Tobacco Use & Nicotine Addiction*

- One-hour presentation on tobacco and nicotine addiction for those who may not be ready to quit and those interested in learning more information about tobacco use
- Individual tobacco consultation

### *Commit to Quit Tobacco Cessation Program*

- **Free treatment program enrollment** (up to 3 quit attempts)
  - ◊ 8 one-hour group sessions over 7-8 weeks OR
  - ◊ 4 one-on-one sessions (30-60 min each) over 4-6 weeks
- **Discounted cessation medications** through CUMC Outpatient Pharmacy
- Certificate of completion
- **Reimbursement of cessation medication co-pay\*** if tobacco-free for at least 6 months (CUMC medication purchases only)

*\*This benefits require treatment program completion and certification as being tobacco-free*

**Bonus: Completing a tobacco treatment program by May can also earn you 2000 SimplyWell points.**

### *When a Smoker Tries to Quit Presentation*

- This presentation is geared toward family and friends of a smoker in order to help them better understand the process through which most smokers go in order to quit.
- Brief overview of therapeutic and pharmaceutical assistance options
- Discussion on what to do and what NOT to do

#### **Eligibility:**

All benefits-eligible Creighton University employees and their spouses are eligible for tobacco cessation benefits and incentives

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Contact 402.280.5287 or [tobacco@creighton.edu](mailto:tobacco@creighton.edu) for more information.