



## 2016 Wellness Incentive: Tobacco Cessation

If you are ready to quit using tobacco, help is available. Pinellas County is partnering with the Florida Department of Health and the Tobacco Free Florida Area Health Education Center (AHEC) to offer free IQuit classes to employees and their covered spouses/partners.

### What is the Tobacco Cessation Program?

The Tobacco Cessation Program provides six weeks of free IQuit classes (six hours total).

### What support tools are provided?

Free nicotine replacement patches, gum and lozenges will be provided (while supplies last and if medically appropriate), plus educational materials and follow-up support.



### Is this just for smokers?

All forms of tobacco are included in the program: cigarettes, e-cigarettes, and chewing tobacco.

### How do I sign up?

[Register here](#) or visit [Wellness Classes](#). If you don't see a location near you, contact your department's [Wellness Champion](#) to request a series.

### Is there a minimum class size?

Yes. There must be at least seven attendees.

### What will I gain from the program?

The IQuit Program is based upon the Centers for Disease Control and Prevention (CDC) Best Practices for Comprehensive Tobacco Control Programs. The IQuit Program offers education on the health effects related to tobacco use, but more importantly, the program teaches the benefits of quitting and what to expect when quitting. A tobacco cessation specialist or trained facilitator guides participants as they identify triggers and withdrawal symptoms and brainstorm ways to cope with them.

### What incentives can I earn?

You can earn 25,000 reward points or \$100 cash for completing the program.

### How do I get more info?

For a complete listing of Tobacco Free Florida AHEC classes, visit [www.ahetobacco.com](http://www.ahetobacco.com). For other resources, visit [IQuit](#) or [SmokeFree](#) or call the Smoking Cessation Hotline at **1-877-U-CAN-NOW** (1-877-822-6669).