

WHITWORTH TOOL TOBACCO CESSATION PROGRAM

ENROLL TODAY & COMPLETE WITHIN 8 WEEKS

Employees can call or email a Health Coach and reference Whitworth Tool as their employer



Call **800.882.2109** option 1



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

All new employees & spouses who are tobacco users but wish to earn the non-tobacco user incentive are invited to complete the UBreathe Tobacco Cessation program, provided confidentially by Marquee Health. **New hires that complete the UBreathe program within 8 weeks of their effective date for medical coverage will be retroactively reimbursed for the Tobacco Surcharge to their effective benefit start date.** The UBreathe program consists of 6 weekly 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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