

Tobacco Cessation Resources
For
Faculty, Staff and Administrative Employees

The University is committed to providing healthy learning, working, healthcare, housing and recreational environments for students, patients, faculty, staff and visitors on all campuses.

Faculty, staff and administrative employees interested in tobacco cessation are encouraged to consider the following resources which are *immediately* available to them.

USA Employee Assistance Program (EAP) - Contact the EAP Counselor at 461-1346

- The EAP offers individual counseling sessions on tobacco cessation for employees (and/or spouses). There is no cost to the participant. The sessions are confidential and by appointment only.
- Upon request, the “Tips & Tools for Tobacco Cessation” workshop can be presented at various campus locations. Managers may contact the EAP Counselor to arrange for a workshop to be held on-site.

USA Health & Dental Plan

- BlueCross and BlueShield of Alabama offers the “Quit For Life” Program for USA Health & Dental Plan members and their covered spouses. The program is administered by the American Cancer Society. There are two levels of benefits for this program: counseling only **or** counseling with nicotine replacement therapy. Counseling consists of the Tobacco Treatment Telephone Counseling, and nicotine replacement therapy is with the use of nicotine patches, gum or lozenges. For additional information, call 1-888-768-7848.

USA Health Services Foundation

- Medical care and advice for faculty and staff is available through USA Physicians Group’s primary care practices. For more information, please visit their web site at www.usahealthsystem.com.

Additional Resources

- “QuitNow Alabama” is sponsored by the Alabama Department of Public Health. Visit their web site for further information and to print a “Quit Kit”, or call 1-800-784-8669. www.quitnowalabama.com
- The American Lung Association provides this web site to guide you through articles and preparation for quitting. www.lung.org/stop-smoking
- The National Institute of Health (NIH) sponsors this web site. The site provides articles about the benefits of going tobacco-free, along with quizzes to guide your progression. www.smokefree.gov
- The American Lung Association co-sponsors this web site, which has an emphasis on support and dialogue in order to succeed in your tobacco-free lifestyle. www.quitterscircle.com
- This Centers for Disease Control and Prevention site provides articles on the benefits of being tobacco-free and how to maintain a healthy lifestyle. www.cdc.gov/tips