

This is just to remind you that this free tobacco cessation program is still available to your employees. Even if you have already offered one program onsite, you may be eligible for a second free program. Please contact me if you have any questions about getting this started. Your next step is to reply to this email or call!



QUITPLAN®

QUITPLAN at WORK comes to your office or facility and offers **FREE** professional group counseling and support tools that help your employees quit smoking.

What's included in QUITPLAN at WORK?

All programs and services are free to the employer and employees. You will receive:

- Promotional materials highlighting the benefits of participating in a group cessation program
- Five-session tobacco cessation program offered at your worksite
- Educational material and support tools for each participant
- Connection to additional QUITPLAN services

Employer benefits from worksite programs

The U.S. Centers for Disease Control and Prevention puts a \$3,391 price tag on each employee who smokes: \$1,760 in lost productivity and \$1,623 in excess medical expenditures.

Your company could benefit from:

- Fewer sick days
- Lower healthcare costs
- Greater productivity
- Higher morale and better image



Register Now!
Classes are filling up
for Summer 2010

Employee benefits from worksite programs

Worksites provide a convenient location to provide tobacco cessation programs with built-in support to stay quit. Employees have the opportunity, along with their coworkers, to participate in a group led by a professional tobacco cessation counselor.

FREE PROGRAM!

QUITPLAN at WORK is funded by ClearWay Minnesota, an independent, nonprofit organization. ClearWay Minnesota's mission is to enhance life for all Minnesotans by reducing tobacco use and exposure to second hand smoke through research, action and collaboration.