

For 2017 Qualifier - All Spouses & Employee Upgrades

**ENROLL NOW -- DON'T WAIT FOR A POSITIVE NICOTINE TEST**

# COMMIT TO QUIT Quit Smoking Now

(Includes All E-Cigarette & Tobacco Product Use)



Follow these steps for program enrollment:

**Step 1:** Initial MedCenter Appointment

**Main Campus: 252-4257**

**North MedCenter: 249-7800**

**Step 2:** Attend 6 weekly 1-hr classes (offered as a Session)  
(You are required to re-start the program if you miss a class)

**Register on GoSignMeUp**

**<http://colliergov.gosignmeup.com>**

**Step 3:** Repeat Blood Nicotine test starting July 21st—September 30th

Call the MedCenter for a repeat non-fasting blood draw appointment.

(Do not use a LabCorp Patient Service Center for your repeat Nicotine blood test).

**Step 4:** Certificate of Completion will be issued by Health Advocate office upon receiving Nicotine results from the MedCenter.

## SESSION OFFERED FOR 2017 QUALIFIER:

Monday, March 6,13,20,27, April 3,10 at 5:30-6:30pm No. Collier Government Center

Thursday, April 13,20,27,May 4,11,18 at 5:30-6:30pm No. Collier Government Center

Friday, May 19,26,June 2,9,16,23 at 5:30-6:30pm Main CCG Campus-Risk Management

Friday, July 7,14,21,28,Aug. 4,11 at **4:00-5:00pm** Main CCG Campus-Risk Management

Monday, July 10,17,21,28,Aug.7,14 at 5:30-6:30PM No. Collier Government Center

Thursday, Aug,10,17,24,31,Sept. 7,14 at 5:30-6:30PM No. Collier Government Center

**FINAL SESSION:** Fri. Aug 11,18,25,Sept 1,8,15 at 5:30-6:30pm Main Campus-Risk Management

The **Commit to Quit – Quit Smoking Now!** program is offered to employees, spouses, and their dependents (over the age of 18) covered by the BCC health insurance plan.

**This tobacco cessation program meets the Invest in Your Health premium-cost share qualifier for 2017 Qualifying Spouses and upgrading Employees .**

**The program offers you:**

- ♦ FREE cessation products (prescriptions, patches, lozenges, over-the-counter gums)
- ♦ FREE MedCenter smoking cessation medical monitoring appointments for initial visit and smoking cessation medicine follow-up.

\*Products FREE after reimbursement.

SAVE your receipts upon purchase.

**\*\*\*Please note: E-Cigarettes are not reimbursed\*\*\***