

# **ENROLL NOW -- DON'T WAIT FOR A POSITIVE COTININE COMMIT TO QUIT Quit Smoking Now**



*(Includes All E-Cigarette & Tobacco Product Use)*

An Everglades Area Health  
Education Center Program

Follow these steps for program enrollment:

**Step 1: Initial Nicotine Cessation MedCenter Appointment**

**(entry to Session #1 will be denied if Step #1 not completed)**

**Main Campus MedCenter: 252-4257**

**North Naples MedCenter: 315-7111 (NEW NUMBER)**

**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)*

**Step 3: Repeat Blood Cotinine test starting July 20th—Sept. 24th upon program completion. Call the MedCenter for repeat blood draw appointment.**

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

**Register on GoSignMeUp <http://colliergov.gosignmeup.com>**

**Step 4: Certificate of Completion will be issued by Health**

Advocate office upon receiving Nicotine results from the MedCenter.

## **SESSIONS OFFERED FOR 2018:**

Friday Feb. 16, 23, Mar. 2,9,16,23 at 5:30-6:30pm Main CCG Campus - Risk Management

Thursday Mar.15, 22, 29, Apr.5,12,19 at 5:30-6:30pm Main CCG Campus-Risk Management

Friday Apr. 6, 13, 20, 27, May 4, 11 at 5:30-6:30pm Main CCG Campus - Risk Management

Tuesday May 1, 8, 15, 22, 29, June 5 at **4-5pm** North Collier Gov't Center –Towne Hall Mtg Rm

Friday May 18, 25, June. 1,8,15,22 at 5:30-6:30pm Main CCG Campus- Risk Management

Tuesday Jun.12, 19, 26, July 3,10,17 at 5:30-6:30pm North Collier Gov't Center –Towne Hall Rm

Friday Jul.6, 13, 20, 27, Aug. 3, 10 at 5:30-6:30pm Main CCG Campus- Risk Management

**FINAL Session: Thursday Aug. 9, 16, 23, 30 Sept. 6, 13 at 5:30-6:30pm**

**North Collier Government Center –Towne Hall Meeting Room**

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 (nicotine) cessation program meets the  
Invest in Your Health premium-level qualifier requirement.**

### **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\*\*\***