

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

COMMIT TO QUIT Quit Smoking Now



An Everglades Area Health
Education Center Program

(Includes All E-Cigarette & Tobacco Product Use)

Follow these steps for program enrollment:

Step 1: Initial Nicotine Cessation MedCenter Appointment

(entry to first class will be denied if MedCenter app't not completed)

Main Campus MedCenter: 252-4257

North Naples MedCenter: 315-7111

Step 2: Attend 6 weekly 1-hour classes (offered as a Session)

(You are required to re-start the program if you miss a class)

Step 3: Repeat Blood Nicotine test starting July 24th—Sept. 30th 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).

Step 4: Certificate of Completion will be issued by Health

Advocate office upon receiving Nicotine results from the MedCenter.

Register for session of choice on *GoSignMeUp* <http://colliergov.gosignmeup.com>

SESSIONS OFFERED FOR 2020:

Friday Jan. 24,31, Feb. 7, 14, 21, 28 at 5:30-6:30pm Main CCG Campus - Risk Management

Friday March 20,27, Apr. 3,10,17,24 at 5:30-6:30pm Main CCG Campus-Risk Management

Thursday April 2,9,16,23,30, May 7 at **4:30-5:30pm** No. Collier Gov't Center –Towne Hall Rm

Friday May 1, 8, 15, 22, 29, June 5 at 5:30-6:30pm Main CCG Campus-Risk Management

Tuesday May 5,12,19,26, June 2,9 at **4-5pm** at North Collier Gov't Center –Towne Hall Rm

Friday Aug. 14, 21 28, Sept. 4,11,18 at 5:30-6:30pm at No. Collier Gov't Center –Towne Hall Rm

FINAL Session: Saturday Aug 22, 29, Sept 5,12,19, 26 at **9-10am** at Main Campus- Risk Management

Sessions at Main CCG Campus, 3311 Tamiami Trail East conducted in the Risk Management Training Room
Space is limited at these locations—Register for Programs TODAY!

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 cost share qualifier requirement.

The *Commit to Quit* 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***