



## **Tobacco Cessation 101**

Are you a tobacco user who is ready to live tobacco free? If so, take advantage of HealthyConnections' **Tobacco Cessation 101 Program**.

Tobacco Cessation 101 helps participants who are ready to live tobacco free. The City's EAP vendor, ComPsych, offers two tobacco cessation options to help you quit using tobacco products:

Option 1: The **TC101 Webinar** discusses daily triggers associated with tobacco use, helps participants identify their reasons for quitting, and provides strategies and tools to help set that quit date.

- Complete the one-part webinar at your convenience by [registering and viewing the webinar here](#)

Option 2: **Telephonic Tobacco Cessation Coaching** provides personalized support with tools and strategies to help you become tobacco free.

- Complete a one-on-one telephonic coaching session by calling 866-586-1456 and requesting to complete a 1:1 Tobacco Cessation Coaching session

### **Benefits of TC101 Program**

- Receive tobacco cessation medication at no cost for 6 months (Must be on a City medical plan)
- Waive the Tobacco User Premium – Complete the **TC 101 Webinar** OR at least one **Telephonic Tobacco Cessation Coaching** session to have the premium waived for the remainder of the year.
  - Completing the webinar or telephonic coaching January 1st - September 30th will waive the premium for the remainder of the current calendar year
  - Completing the webinar or telephonic coaching October 1st - December 31st will waive the premium for the remainder of the calendar year and the entire next year

Questions? Contact HealthyConnections at [HealthyConnections@austintexas.gov](mailto:HealthyConnections@austintexas.gov) or call (512) 974-3284 and ask to speak to a Wellness Consultant