

Tobacco Cessation 101

Tobacco Cessation 101 helps participants who are ready to live tobacco free. The City's EAP vendor, ComPsych, offers two options to help you quit using tobacco products. The on-demand webinar explores the reasons people begin using tobacco and helps participants identify their reasons for quitting. Discussion focuses on daily triggers associated with tobacco use, as well as strategies and tools to help set that quit date. Telephonic coaching provides personalized support with tools and strategies to help you become tobacco free.

Benefits of TC101 Program

- Receive tobacco cessation medication at no cost for 9 months (Must be on a City medical plan)
- Waive the Tobacco User Premium – Complete the TC 101 webinar or at least 1 telephonic 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

Participate

There are two ways to complete the Tobacco Cessation 101 program. Employees, Retirees and Dependents must register and complete the webinar or attend at least one telephonic coaching session. Your participation will be reported to HealthyConnections by ComPsych. Upon completion, the Tobacco User Premium waiver and cessation medication coverage will take effect within 2 pay periods from completion.

- **Option 1: TC 101 Webinar** (computer access required)
 - Complete the one-part webinar at your convenience by [registering and viewing the webinar here](#). (Must watch the entire webinar.)
- **Option 2: Telephonic Tobacco Cessation Coaching**
 - Don't have access to a computer, or want more on-going support to help you quit? Complete a one-on-one telephonic coaching session by calling 866-586-1456 and requesting to complete a 1:1 Tobacco Coaching session.