

# Balanced Wellness



## SMOKING CESSATION

Trust your employee tobacco cessation treatment to Balanced Wellness, and our program will reduce absenteeism, increase productivity and manage ever-increasing employee healthcare costs. With participation in our workshop and the support of our wellness coaches, your employees will be given the best chance to succeed.

### Consistent Approach to Quitting

The **STOP** program offers a systematic method based on current addiction and behavior change models to help employees develop a plan to quit and provide support each individual needs to remain tobacco-free. We know it's hard to quit, and our course addresses the challenges of quitting in a sensitive, supportive style.

The **STOP** program also meets the ACA requirement for tobacco cessation treatment as a preventative service.

### Flexibility that fits every schedule

Participants in our **eight week tobacco cessation workshop** will be given access to the our wellness portal. With this access, participants will have the tools and resources they need to quit for good. The program is designed to engage participants through weekly tasks that include videos, articles, journaling, and much more! Our valuable self-help resources are tailored to meet your employee's unique needs.

The **STOP** program also provides your employees with the most important resource when it comes to quitting - a coach. Our coach will be available online via the portal, through telephonic one-on-one assistance, and during optional group meetings. We are there when your employees need help the most.

**For more information: [info@BalancedWellnessKY.com](mailto:info@BalancedWellnessKY.com) 502-716-7773**



***TOBACCO USE COSTS YOUR  
BUSINESS TIME AND MONEY!***



PO Box 23008  
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## Did you know?

Today, it's estimated that 42 million people in the United States smoke cigarettes. Among that number, nearly half tried to quit smoking for one or more days in the previous 12 months. Nearly 7 out of every 10 smokers express a desire to quit.

The total estimated cost attributable to cigarette smoking is \$193 billion. Productivity losses due to smoking contribute \$97 billion, while smoking attributable expenditures make up the other \$96 billion.




## Smoking Cessation Schedule

Our eight week tobacco cessation workshop runs through the wellness portal and gives employees full access to all of the portal benefits. We'll help participants with nutrition and possible weight gain attributed to quitting, and give them the health and nutrition tools they need to be successful. Everything is tracked in one convenient resource giving employees the best possible opportunity to succeed. As participants progress through the program, each week focuses on a different challenge of quitting. Check out our timeline below!

Week	Topic
One	Getting Started on the Non-Tobacco Road
Two	Your Motivational Week! Quit Day Preparation
Three	Your Quit Week
Four	Halfway Point – Let's Evaluate Your Progress!
Five	Coping with Cravings and Daily Lifestyle
Six	Changes Smoking and Your Health
Seven	Let's Talk about Potential Weight Gain
Eight	You Made it! Workshop Wrap-up

## An Affordable Solution

The cost of our  tobacco cessation program is as low as \$40 per participant for our eight week workshop.



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