



# Live Tobacco Free.

**Live Tobacco Free programs are designed to help you cut back and quit using tobacco products. Below is an outline of your program options.**

## OPTION 1

### **One-on-one telephonic coaching**

You will participate in at least four collaborative telephonic coaching calls over an eight-week period. This option is based on established behavior change techniques designed to set you up for success. Your certified wellness coach will support you in creating an individualized plan to cut back and quit tobacco.

## OPTION 2

### **Self-paced program on Premise Connect**

Your provider will enroll you in this introductory online course where you will learn why it's so hard to quit, strategies to successfully quit and how Premise Health can help you improve your chances of quitting for good.

## OPTION 3

### **Nicotine replacement therapy**

Nicotine replacement therapy can help ease your withdrawal symptoms and cravings that occur during your attempt to quit using tobacco. Ask your provider about the options available at your wellness center.

#### **Your provider can help you:**

- Learn how the different types of nicotine replacement therapy work to help you quit tobacco
- Choose your method of nicotine replacement therapy
- Determine how long to use your nicotine replacement therapy for best results
- Understand potential side effects and benefits of nicotine replacement therapy



Make an appointment at City of Montgomery Wellness Center today and talk with your provider about your tobacco cessation options.

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

#### **Who can use these services?**

All employees, retirees and dependents covered on the City of Montgomery insurance plan.

