



ASANTE
WORK HEALTH

Employee Benefits 2006

Tobacco Cessation Program

BREATH FOR LIFE

*Asante's Tobacco Cessation Program
for Benefited Employees*

Who is eligible?

Benefited employees and their covered dependents.

How much does the program cost?

Over-the-counter or prescription drug cessation agents do require a prescription and a member co-pay. Individual counseling is provided at no additional cost.

How will the program help me reach my goal?

The program is designed to provide assistance in two important areas:

1. Personal support and one-on-one coaching to individuals who are trying to stop using tobacco.
2. Provides a subsidy for some cessation agents*, such as the nicotine patch or the Nicotrol inhaler.

**For a complete list of cessation agents, please contact Gail Anderson in Asante Health Promotion Services at x14707 or (541) 789-4707.*

What do I need to do to participate?

Contact Gail Anderson in Asante Health Promotion Services at x14707 or (541) 789-4707 for more information and to set up your initial assessment meeting.