

Tobacco Cessation Resources

Otter Tail County is committed to supporting employees interested in quitting the use of tobacco; supervisors will support employees who seek help in stopping tobacco use. Employees may review the stop-smoking/tobacco resources information on the Otter Tail County website [Tobacco Cessation Resources](#) or on the Otter Web under Wellness.

Employees interested in tobacco cessation may wish to utilize the following free resources:

1. Health Plan Quitline – Telephone Cessation Support

- The Health Plan Quitline provides you with access to experienced, professional phone counselors who are waiting to help you quit. Coaching services are provided free of charge.
- You'll work with counselors to create a personalized plan to quit, and depending upon your health plan, you may or may not be eligible to receive free nicotine patches, lozenges or gum. Tobacco cessation prescription drug costs may be reimbursable, again, depending upon your health plan.
- The Helpline is able to help Spanish speakers and the hearing-impaired.
- To enroll, visit *Otter Tail County Public Health* and complete a form that will be faxed by Otter Tail County Public Health Staff to the Quitline; the quitline staff will then call you within 72 hours to discuss quit attempt options with you. Or, call the appropriate Health Plan Listing below to enroll directly:
 - Blue Cross and Blue Shield of Minnesota 1-888-662-BLUE
 - CCStpa 1-888-662-QUIT
 - First Plan of Minnesota 1-888-662-BLUE
 - HealthPartners 1-800-311-1052
 - Medica 1-800-934-4824
 - MN Comprehensive Health Association 1-866-QUIT-4-LIFE
 - Metropolitan Health Plan 1-888-354-7526
 - PreferredOne Community Health Plan 1-800-292-2336
 - UCare Minnesota 1-888-642-5566
 - If uninsured, or not covered by any of the above plans, call QUITPLAN® Services at 1-888-354-PLAN (7526)

2. quitplan.com - Online Cessation Support

- **quitplan.com** provides options for smokers who may not want to use face-to-face or telephone counseling.
- This free website is a personal support center that features many helpful and interactive quit-smoking resources.
- Features of quitplan.com include:
 - ❖ Personalized quit-smoking plans

- ❖ Expert counselors who respond to user questions within 24 hours
- ❖ Access to a community forum of current and former smokers who share the ups and downs of the quitting process
- ❖ Self-evaluations
- ❖ Tools tracking quitting progress, calculating savings and suggesting next steps
- ❖ Emails celebrating progress and milestones
- **Visit quitplan.com today!**

3. QUITPLAN® at Work – Group Cessation Support

- **QUITPLAN® at Work** provides smokers with group counseling sessions at their workplaces. The program is free. Employers must have at least eight employees willing to participate in the program.
- **QUITPLAN® at Work** offers:
 - ❖ Free professional group counseling
 - ❖ Help creating personalized stop-smoking plans for each employee
 - ❖ Support and resources that help your employees quit smoking
- Companies participating in the program will benefit from:
 - ❖ Fewer sick days used
 - ❖ Lower healthcare costs
 - ❖ Higher morale and a better image
- This program is provided by HealthSource Solutions. A local counselor is available to lead this program. (Program funded through 2013.)
- If interested in this option, please call *Otter Tail County Public Health* and mention your interest. Once eight employees are interested, a group session will be organized.

4. Freedom From Smoking® Online - Online Cessation Support

- Freedom From Smoking® Online, or FFS Online, is a program specifically designed for adults who want to quit smoking. It's an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good.
- FFS Online takes you through modules, each containing several lessons that you access through this protected website. These lessons include valuable information and most of them contain an assignment that you are to complete before moving on. The assignments reinforce the messages in each lesson and your commitment to quit.
- FFS Online does not begin with quitting. The program takes you through several lessons first, ensuring that solid information about preparing to quit is given before Quit Day. Go ahead and progress through the lessons and modules until you complete the entire program. The beauty of FFS Online is that it can be accessed day or night, seven days a week, on any schedule you choose.
- Not sure if *Freedom From Smoking®* Online is for you? **Sign up for a free preview** at <http://www.ffsonline.org/>.