

Worksite Tobacco/Nicotine Cessation Programs and Services

Quitting tobacco use is not easy, but it does have lifelong health benefits. WellSpan Health has developed a comprehensive menu of services, available at no cost, to educate and assist both your company and your employees that use tobacco/nicotine.

These programs and services include:



Freedom From Smoking®

An 8 session group program developed by the American Lung Association, with 1 hour sessions held 1 time per week for 7 weeks (2 sessions held one week). Includes free Nicotine Replacement Therapy (NRT) products.



1-on-1 Counseling Sessions

Six (6) individual counseling sessions with a certified tobacco cessation counselor, usually 1 hour in length. Includes free Nicotine Replacement Therapy (NRT) products.



Telephonic Quit Support

A referral to the PA Free Quit line, **1-800-QUITNOW**, a 24 hour service offering individual counseling phone calls. Participants are eligible to receive free Nicotine Replacement Therapy (NRT) products.



Policy Consultation Services

Includes technical assistance with evaluating and implementing tobacco-free policies in the workplace.

For more information or to sign up, contact Leah Neiderer, Tobacco Program Coordinator, at **(717) 851-5805** or **Ineiderer2@wellspan.org**

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