

Let us help

Smoking Cessation

Achieve a smoke-free future.

Smoking Cessation Services are available to you and your family through your Employee and Family Assistance Program (EFAP) if you're thinking about quitting. Expert tips, information and tools will help you with

- Motivation in reaching your goal
- Guidance to keep you engaged though the program
- Options to reduce and/or stop smoking
- New focus on health and wellness
- New strategies and skills
- Direction to stay smoke free

Support your way

Our Smoking Cessation Services are designed to suit your learning, lifestyle and comfort level. We offer the following options for smoking cessation support:

Telephonic Smoking Cessation Program

The Telephonic Smoking Cessation program has been created with a health and wellness approach in mind to support individuals on their journey to reduce and/or stop smoking. Over four telephonic sessions with a Health Coach and working through an online interactive workbook, you will find motivation, guidance, and help to develop new strategies and skills to quit smoking and remain smoke-free! Get started today to earn your certification of completion.



Download My EAP app now at your device app store or scan the QR code.



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Stop Smoking Centre

This interactive and personalized online program is designed with six major milestones to help you quit. Convenient and secure, you can access the program online anytime, anywhere. You can also participate in an online peer support group moderated by health care professionals.

Only 3% of smokers successfully kick the habit on their own, but research shows that when individuals receive support, they are four times more likely to successfully quit smoking!



Connect with us for confidential support or to learn more

Let us help. Take the first step towards a smoke-free lifestyle with help from your EFAP. For immediate assistance, contact us at **1.844.880.9142** or visit **workhealthlife.com**.



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