

City of Memphis Approved Smoking Cessation Programs

The two smoking cessation programs we can refer employees to outside of the Cigna Quit Today program are Freedom from Smoking by the American Lung Association (online 24/7) and Quit For Life by the American Cancer Society (telephonic).

Freedom from Smoking

The Freedom from Smoking program is intended for adult smokers. FFS Online is great for anyone who has regular access to a computer and is comfortable interacting with others in an online environment.

The first three Modules of both the Basic and Premium FFS programs offer information about preparing to quit; Quit Day starts with Module D in the Basic version, and the second lesson of Module 4 in the Premium version. In both versions of FFS Online, each lesson builds on the next so it is suggested that you read through all of the lessons to be sure that you have a solid foundation for quitting. It is recommended that you take a full 24 hours between lessons within each Module to complete any assignments.

The Basic FFS Online program is offered free of charge. The Premium FFS Online Program is offered for \$15 for 3 months, or \$40 for one year, and includes more detailed information such as Message Boards for participants, downloadable relaxation exercises and other social networking capabilities.

Each participant in FFS Online is encouraged to fill out an evaluation when the modules are completed. Information is asked about the number of modules completed, current smoking status and future plans. When sufficient responses are received, we will analyze the data to see how the programs quit rates compare to others.

When you have completed all of the modules in the Premium version of the program, you will be asked to fill out the Program Evaluation. Once we have received your evaluation, you will be sent an email with a link to a Certificate of Participation. The Certificate of Participation is not available through the Basic version of the program. For more information, call 1-800-548-8252.

Quit For Life

The Quit For Life Program brought to you by the American Cancer Society and Alere Wellbeing is a phone-based coaching and Web-based learning support service to help smokers quit. Participants are matched with a quit coach, who helps them develop a personalized quit plan, provides guidance in choosing medicines, and gives ongoing follow-up support.

Quit For Life gives tobacco users the support and help they need to stay focused on their personal reasons for quitting. Those willing to try to quit will get:

- Multiple outbound coaching calls and unlimited toll-free access to a Quit Coach
- Unlimited access to Web Coach[®], an online community that offers e-learning tools, social support, and information about quitting
- Decision support for the type, dose, and use of medicine and mail order access to the medicine
- Text2Quit – text messages personalized to each participant's quit plan
- A printed, stage-appropriate quit guide
- Tailored, motivational emails sent throughout the quitting process

After 6 months, quit rates are assessed by a follow-up call. Participants are asked to report the day they last used tobacco products. Participants who have not used tobacco in the last 30 days are considered to have quit.

To learn more about Quit For Life, or for help with any cancer-related question, please any time, day or night, at 1-800-227-2345.