



Tobacco Cessation

- AHELP uses a behavioral change model intervention that supports employees that are trying to quit or do not use any form of tobacco products .
- Employees are eligible to earn **5 AHELP points** per day for being tobacco free.
- The Arkansas Department of Health provides a free tobacco cessation program. Call the Tobacco Quitline at 1-800-QUIT-NOW or 1-800-784-8669.

The Quitline provides counseling calls with a quit coach, unlimited web-support and Nicotine Replacement Therapy. For more information on the Quitline go to:

<http://www.healthy.arkansas.gov/programsServices/tobaccoprevent/Pages/TobaccoQuitline.aspx>

1-800-QUIT-NOW

