

Tobacco CESSATION Resources

Quitting tobacco can be hard! You can do it and N Good Health is here to help.

Tobacco cessation programs provide information, resources and support to help you understand what you're up against and how to succeed. A program can assist you in setting goals to help you quit successfully. Several are available for employees and spouses.

N Good Health Tobacco Cessation Workshop

This eight-week online video learning course presents various topics around quitting smoking:

- Tobacco Exposure and Health
- Nicotine Dependence
- Create a Quit Plan
- Tools to Aid in the Quit Process
- Quit Day!*
- Coping During Your Quit Journey
- Staying Smoke-free: Plan a Healthy Lifestyle

*On Quit Day, you will receive a form to get your free nicotine replacement therapy products at any Norton Pharmacy. See locations on the back.

To sign up, log in to your N Good Health account, click on Video Courses and select Tobacco Cessation.

Meet with a pharmacist

Meet one-on-one with an Rx for Better Health program pharmacist in person, virtually or by phone, once a week for four weeks. The pharmacist will assist you in setting and meeting reasonable cessation goals. Visits typically last 30 minutes. Free nicotine replacement therapy products are available at any Norton Pharmacy. See locations on the back.

To get started, call **(502) 629-8099** or email **RXForBetterHealth@nortonhealthcare.org**.

American Lung Association Freedom From Smoking program

The American Lung Association's Freedom From Smoking program is offered at no cost and open to the community. It is designed for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on how to quit, not why to quit. You'll meet weekly in small groups, in person or virtually, for seven weeks with a trained facilitator. At week 4 of the program, you will receive a certificate to take to any Norton Pharmacy for your free nicotine replacement therapy products. See locations on the back.

Preregistration is required. To register or learn more about upcoming sessions and locations, visit **NortonHealthcare.com/Smoking** or call **(502) 629-1234**, option 4.

EARN N GOOD HEALTH PROGRAM ACTIVITY POINTS!

N Good Health Tobacco Cessation Workshop	25 points
Meet with a pharmacist	75 points
American Lung Association Freedom From Smoking program	50 points

Note: If you use tobacco and participate in N Good Health, you must complete a tobacco cessation program each year you use tobacco to be eligible for program incentives.



Pairing nicotine replacement therapy with a tobacco cessation program can help you quit using tobacco. Employees and spouses who have Norton Healthcare medical insurance and are participating in a tobacco cessation program are eligible to receive free nicotine replacement therapy products.

What is nicotine replacement therapy?

Nicotine replacement therapy is a way of helping people stop smoking. It uses products that supply low doses of nicotine, but do not contain the toxins found in smoke. The goal of this kind of therapy is to reduce nicotine cravings and ease the symptoms of nicotine withdrawal.

Products offered are based on availability and your preference:

- NicoDerm CQ patches (steps 1, 2, 3)
- Nicorette gum (2 mg, 4 mg)
- Commit nicotine lozenges (2 mg, 4 mg)
- Other smoking cessation products, such as Chantix (varenicline), may be available depending on your medical insurance coverage.

You can pick up your free nicotine replacement therapy products at any Norton Pharmacy location. All locations are open daily from 8 a.m. to 6 p.m.

- **Norton Audubon Hospital – (502) 636-8790**
- **Norton Brownsboro Hospital – (502) 446-8800**
- **Norton Hospital – (502) 629-3800**
- **Norton Women’s & Children’s Hospital – (502) 559-1710**

If you have questions or concerns, call N Good Health at **(502) 629-2162** or submit an N Good Health Self-Service Request through **Nsite**.

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