



Employee Health  
and Wellness Center

**UPlan**

**Cold turkey doesn't work for everyone.**



**When you're ready to quit, we're ready to help.**

## **Quitting isn't easy**

**Making the commitment to stop using tobacco isn't easy. If you're looking to quit, the UMD Tobacco/Smoking Cessation program is here to help. Our team of health professionals will assist you in creating a customized plan to become tobacco free. We will support you along the way with guidance from a qualified health educator, prescriptions for tobacco cessation medications, and medication counseling from a qualified pharmacist. The counseling program is free for UMD faculty, staff, and their families. UPlan members who successfully complete a 6-month program will receive a \$65 reward.**

## **Benefits**

- **No cost to UMD faculty, staff, and family members**
- **\$65 reward for UPlan members who complete 6 month program**
- **Tobacco cessation plan customized to your needs**
- **Guidance from a qualified health educator**
- **Tobacco cessation medications available at normal UPlan Pharmacy Program copays**

## **Ready or not**

**Whether you're ready to quit, or maybe not quite yet, we can offer advice to help you make a decision. Call the wellness coach at 218-726-6750, press option 2. When you're ready to quit, we're ready to help.**



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