

Promote Cessation Benefits to Employees

Keeping employees healthy means increased productivity and money saved on insurance. Smoking cessation treatments are varied, and may include medication, education, and counseling.

Smoking is the leading preventable cause of death in the United States. Smokers who quit will live longer and have fewer years living with a disability, on average, than if they continued to smoke.

Tobacco use cessation treatment is considered the single most cost-effective preventative health care that a person can obtain.

Here are some ideas to consider when offering tobacco cessation resources to employees:

- Compile a list of tobacco cessation resources available to your employees through health insurance, Employee Assistance Program, or other benefits.
 - If an employee does not have insurance, offer them a list of free services, such as the [Oregon Tobacco Quit Line](#).
 - Make handouts available in the Human Resources office or online for easy access.
- For colleges that are making their campuses tobacco-free, employees who are not ready to quit may need help making a plan to cope with their addiction while on campus.
- Example of Portland Community Colleges employee resource guide:
http://www.pcc.edu/about/policy/tobacco/documents/tobacco_employee_guide.pdf

New Oregon law: [Senate Bill 734](#) requires health benefit plans to provide payment, coverage, or reimbursement of at least \$500 for tobacco use cessation programs for a person enrolled in the plan who is 15 years of age or older. “Tobacco use cessation program” means a program recommended by a physician that follows the United States Public Health Service guidelines for tobacco use cessation. “Tobacco use cessation program” includes education and medical treatment components designed to assist a person in ceasing the use of tobacco products.