



## Tobacco Cessation Program

**2019-2020**

Employee Name \_\_\_\_\_

- As a tobacco user, I am required to pay a tobacco surcharge of \$25 per pay period.
- I understand I will pay the tobacco surcharge unless I have enrolled in and completed the tobacco cessation program. The tobacco program will be 8 weeks with each session lasting 30 minutes. I must complete 7 out of 8 sessions by March 16, 2020
- I understand that if I miss a class, I must make it up via audio and turn in the homework by the end of the week.
- I understand I must complete and return all homework assigned each week.
- I understand that I need to re-certify my tobacco use status each year.
- I understand that in order to avoid the surcharge each year, I must either be a non-tobacco user OR in enroll in and complete the tobacco cessation program.
- I understand that I may request information about the possibility of earning the same reward by different means (e.g. through an alternative tobacco cessation program provided through my primary care physician or other means.) Proper documentation will be required, and questions should be directed towards Human Resources.
- I have read and agree to the following statements regarding the tobacco use surcharge and will participate in the cessation program.

Employee signature \_\_\_\_\_ Date \_\_\_\_\_

I have read and choose NOT TO participate in the Tobacco Cessation Program and understand I will pay the tobacco use surcharge the entire year. I understand that by choosing not to enroll in and complete the cessation program, I will be charged an additional \$25 per pay period on my medical insurance rates.

Employee signature \_\_\_\_\_ Date \_\_\_\_\_

### Tobacco Cessation Class

Every Monday from, January 27, 2020 -March 16, 2020 at 12 noon. Tobacco Cessation Class, City Hall, 3<sup>rd</sup> Floor

You must attend 7 out 8 sessions by **March 16, 2020.**

**All forms turned in to your health coach or HR by Friday, January 10, 2020**

Contact Program Manager, Jasmine Wooden if you have any questions: [jasmine.wooden@chp-inc.com](mailto:jasmine.wooden@chp-inc.com), (229) 343-3068.