

UF Employee Smoking Cessation Program

The Student Health Care Center (SHCC) joins the University's Employee Assistance (EAP) Program and the University of Florida Area Health Education Centers (AHEC) in offering UF employees a comprehensive smoking cessation program. All UF employees interested in quitting smoking, including those that are OPS, are encouraged to learn more about this new program. The six (6) week one-hour-per-week program will consist of three components: education, group support and medical oversight with pharmaceutical smoking cessation medications including Chantix®, Bupropion (Zyban® generic), and nicotine replacement patches. Discounted medications will be available under the prescription and management of a skilled medical provider. There will be no cost for attending the smoking cessation classes and medications prescribed to assist with cessation attempts will be significantly discounted. Spouses and partners are encouraged to participate with the employee as successful quitting is dramatically increased when partners quit together.

Program Specifics

UF employees eligible to register for this program must:

- Have a strong desire and commitment to quit smoking.
- Be willing to participate in the six (6) week one-hour-per-week program during their lunch hour.
- Have the support of their immediate supervisor to attend the seven week program.
- Make every attempt to attend the weekly group meetings.
- Complete a personal medical history disclosing all chronic health problems and medications taken.
- Consent to notifying their primary medical provider of their participation in the program.
- Agree to be contacted for medical and/or quit coaching follow-up.
- Complete a confidential survey (via email or telephone) about the Program at 3, 6, and 12 months after quitting.

In addition, spouses or partners of UF employees eligible to register for this program can also participate.

- Spouses/partners will also be able to receive discounted medications to assist in cessation attempt.
- Spouses/partners must agree to all the terms listed above

Employees interested can register on line by going to www.shcc.ufl.edu or calling 352-392-5787 or 352-392-1161 ext 4341.