

Did You Know...

IMPACT on the web has a Quit Center?

Tobacco addiction is a chronic disease that often requires multiple attempts to quit. Although some users are able to quit without help, many others need assistance. That is why your IMPACT Employee Assistance & Work/Life Program created the *Quit Center* to help you (or a significant other) quickly identify the resources, tools and professional help needed to help you reach your goal.

The screenshot shows the IMPACT on the Web website. At the top, it says "IMPACT on the Web" and "The IMPACT EAP offers confidential professional support for work/life matters". There is a navigation menu with categories like PARENTING, AGING, BALANCING, THRIVING, WORKING, LIVING, and INTERNATIONAL. Below the menu, there are sections for "News For You" and "Centers". The "News For You" section features a "Veterans' Homecoming" article for September, discussing World Alzheimer's Month. The "Centers" section includes "The Quit Center", "Tobacco Cessation Tools & Resources", "Savings Center", "Learning Center", and "Relocation Center".

A sampling of the tools and resources currently available via web:

The screenshot shows search results for "smoking cessation". It is divided into three sections: "Articles", "Audio", and "Resources".

- Articles:** Cigarettes and Other Tobacco Products: Part 2 (91.4% relevant), Medications That May Help You Quit Smoking (94% relevant), Smokeless Tobacco: Tips for Going the Distance (93.7% relevant), Smokeless Tobacco and Cancer (93.4% relevant), Cigarettes and Other Tobacco Products: Part 1 (92.9% relevant).
- Audio:** Secondhand Smoke (16.1% relevant), Preventing Smoking (13.8% relevant), Osteoporosis Risk Factors (12.8% relevant), Cancer Risk Factors (9.7% relevant), Doctor's Advice vs. Behavior (9.8% relevant).
- Resources:** Campaign for Tobacco-Free Kids (14.8% relevant), Talk to an Expert to Help You Quit Smoking (12.2% relevant), SmokeFree (12.2% relevant).

IMPACT support includes:

» Telephone Coaching

IMPACT Solutions' Quit Specialists, certified in tobacco cessation techniques, can structure telephonic coaching sessions and resource material based on your individual goals.

» Web Resources

Visit www.MyIMPACTSolution.com to view hundreds of tools and resources available to assist you with tobacco cessation. The *Quit Center* includes easy access to online tools in one convenient location including:

- » Tobacco cessation modules
- » Resources
- » Support
- » Educational materials

Call IMPACT Solutions at 800-227-6007 or visit IMPACT on the Web at www.myimpactsolution.com for additional information on tobacco cessation.

