

WILL **YOU** BE A QUITTER?

PAQ INC'S TOBACCO CESSATION PROGRAM

LIVE TO BREATHE

Quitting tobacco is of the best decisions you can make for yourself! And we want to help you succeed, while earning an incentive!

All employees and spouses who are tobacco users but wish to qualify for the 2018 **PAQ Inc tobacco incentive** will be required to complete the Live to Breathe Tobacco Cessation program, provided confidentially by Marquee Health. Live to Breathe is free to all PAQ, Inc medical plan members.

To enroll in Live to Breathe, either call a Health Coach (toll-free) at **800.882.2109** or complete the UBreathe web-based tobacco cessation module at **www.mymarqueehealth.com**, using the code '**paq**' to register as a first-time user.

WHAT WILL I LEARN THROUGH **LIVE TO BREATHE**?

The Live to Breathe program is based on positive psychology and is designed to help you move from pre-contemplation, and all stages in between, to action. In this program, certified tobacco cessation specialists will help you learn where you are in your 'readiness to quit' tobacco and will provide you with support, education, information and accountability. Focus areas may include:

- The Benefits of Quitting
- Setting a 'Quit Date'
- Creating a Stress Management Plan
- Incorporating Healthier Lifestyle Behaviors
- Education about Helpful Nicotine Replacement Therapies and Medications
- Planning for Triggers, Cravings and Withdrawal Symptoms
- Creating a 'Quit Plan'
- Providing Ongoing Support to Stay Quit

INCENTIVE REQUIREMENTS

Participants are required to be actively engaged in the coaching process and connect with your health coach weekly for 6 weeks or, complete the online tobacco cessation module.

LIVE TO BREATHE

A PROVEN AND EFFECTIVE APPROACH TO TOBACCO CESSATION

ENROLL TODAY: 1-800-882-2109 OR COACHING@MYMARQUEEHEALTH.COM

ELIGIBILITY

This tobacco cessation program is offered to everyone enrolled in the PAQ, Inc medical plan.

NEW HIRES

The tobacco cessation program is also available to new hires. Employees have 90 days to enroll and an additional 90 days to complete the program, allowing a total of 180 days for program completion from hire date.

AFTER QUITTING

Free health coaching is still available after you quit tobacco. Your Health Coach can help you adjust to your new tobacco-free habits and lifestyle.

