

# WELL *On your Way*

## **IMPORTANT STATISTICS**

- ▶ *Health care costs for smokers are 40% higher than for non-smokers in the same age group.*
- ▶ *Employees who smoke cost \$1,429 more per smoker, per year, in increased health care costs, as compared to non-smokers.*
- ▶ *Smokers cost U.S. employers over \$40 billion a year due to premature death and disability as a direct result of smoking.*
- ▶ *Smokers are 50% more likely to be hospitalized and have 15% higher disability rates.*
- ▶ *Employees who smoke are less productive because they have less energy, are sick more often, and take more breaks due to nicotine addiction.*
- ▶ *Businesses that have included a tobacco cessation benefit report that this coverage has increased the number of smokers willing to undergo treatment and increased the percentage that successfully quit.*
- ▶ *Smoke-free workplaces not only protect non-smokers, they also create an environment that encourages smokers to cut-back or quit.*



## **TOBACCO CESSATION**

Smoking is the most preventable cause of death in the U.S. and accounts for 20% of all deaths in the U.S. annually. Also, tobacco use is the number one preventable cause of serious health issues facing employers regarding their healthcare plans. That is why Piedmont is committed to helping its group's employees achieve a tobacco free lifestyle with our Ready, Set, Quit – Tobacco Cessation Program. This program is designed to assist those members who are seriously considering a tobacco free lifestyle. Options include educational classes, coverage for nicotine replacement if prescribed by a physician or nurse practitioner, and employer-elected compliance testing.



**PIEDMONT COMMUNITY HEALTH PLAN**  
*Community Partners for Quality Healthcare*

# Working Together for a Healthier Tomorrow

**Ready,** The Ready, Set, Quit program is offered by the employer to employees who are genuinely ready and willing to try the tobacco cessation program.



- ▶ *Employees show interest via a referral, member self-referral, physician-referral or a referral through the HRA process.*
- ▶ *Employer should establish a financial incentive or reward mechanism for employee program participants.*
- ▶ *Interested employee members will then receive information about Ready, Set, Quit, and parameters of the program through their HR Department.*
- ▶ *If needed, members may also schedule a visit with their Piedmont primary care physician for consultation.*

**Set,** Employer promotes the program internally and schedules dates and times for employee tobacco cessation groups to form.



- ▶ *Employees attend classes as scheduled.*
- ▶ *Attendees utilize medication suggestions when necessary.*
- ▶ *Participants also avail themselves of resources as needed such as Ready, Set, Quit educators, Piedmont Medical Management Staff, or our Well On Your Way program resources.*

**Quit!** Piedmont supplies Ready, Set, Quit program materials and expertise to launch the program, and can even provide on or off-site group classes.



- ▶ *Successful participants receive a special Class Completion Certificate.*
- ▶ *Our Ready, Set, Quit team will schedule a 3-month class follow up.*
- ▶ *Employer may suggest a 6, or 12-month compliance evaluation.*

To find out more about how Piedmont's — Ready, Set, Quit! Tobacco Cessation program can help you achieve a more tobacco free workplace, just call our wellness coordinator at: 434-947-4463, ext. 268.

