

## Ready or Not...

Whether you're ready to quit, or just starting to think about it, we can offer advice to help you make a decision.

## Contact:

Rachel Gilbertson  
UPlan Wellness Coach  
Employee Health & Wellness Center  
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1120 Kirby Drive  
Duluth, Minnesota 55812-3011

**Phone: 218-726-6750 Option 2**

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E-mail: [mycoach@d.umn.edu](mailto:mycoach@d.umn.edu)

<http://www.d.umn.edu/umdwelness/>

## Location:

The UMD Tobacco Cessation Program is located in the UMD Employee Health and Wellness Center, Room 103 Kirby Student Center.

Free parking for family members in front of Heller Hall during scheduled appointments. Check with the Wellness Coach.

UMD Map --

<http://www.d.umn.edu/maps/HH/>

# UMD Tobacco Smoking Cessation Program



*Sponsored by  
UMD Employee Wellness Program,  
Department of Human Resources,  
QuickCare Clinic, Medication Therapy  
Management Clinic, Wellness Coaching  
and the Chancellor's Office*

***When you're ready to quit,  
we're ready to help.***

[www.d.umn.edu/umdhr/wellness/tscp.htm](http://www.d.umn.edu/umdhr/wellness/tscp.htm)

## UMD Tobacco Smoking Cessation Program

***Making the commitment to stop using tobacco isn't easy!***

If you've been wanting to quit, the UMD Tobacco/Smoking Cessation Program (TSCP) is here to help.

Our team of health professionals will assist you in creating a customized plan to become tobacco free. We will support you along the way with guidance from a qualified health educator, prescriptions for tobacco cessation medications, and medication counseling from a qualified pharmacist.



## Employee Health & Wellness Center Team Approach:

The UMD Tobacco/Smoking Cessation Program is a FREE 10-session program designed to help those who are looking for an effective plan to stop using tobacco products.

- One-on-one coaching by the UMD Wellness Coach
- Recommendations on approved medications by a Medication Therapy Management Clinic Pharmacist
- Medical advisement by the QuickCare Clinic Nurse Practitioner

### The Program Will:

- Identify individual barriers and challenges to quitting
- Use effective tools and teaching techniques to make quitting easier
- Create personalized strategies for becoming and staying tobacco free.
- Provide weekly individual coaching sessions that will build support, confidence, motivation, and the commitment to achieve a new healthy lifestyle.

## Benefits

- FREE to UMD faculty, staff, and family members
- Tobacco cessation plan customized to your needs
- Guidance from a qualified health educator
- Weekly sessions before and after setting a quit date as well as ongoing support for maintenance and relapse prevention
- \$65 reward for UPlan members after completing a 6-month program
- Tobacco cessation medications available at normal UPlan Pharmacy Program copays