

## Workshop, health coaching can help your patients quit nicotine use

### Do you have patients who are ready to quit using nicotine?

That's the question being asked in a free Nicotine Free workshop being sponsored in Marshfield this spring by Security Health Plan and Marshfield Clinic Health System.

The Nicotine Free workshop will be held from 6 to 7 p.m. on four Tuesdays – April 7, 14, 21 and 28 - at the Marshfield Clinic Health System YMCA in Marshfield. The workshop is limited to 12 registrants. The in-person workshop sessions are followed by over-the-phone health coaching from May to June. Workshop participants will:

- learn about the process to quit tobacco and nicotine use
- work with a health coach to create a plan that works for you

Participants have two ways to register for the Nicotine Free workshop:

- email [wellness@securityhealth.org](mailto:wellness@securityhealth.org)
- call 1-833-933-9355, Monday – Friday, 8 a.m. - 5 p.m.  
For the hearing- or speech-impaired, call TTY: 711

For your patients with Security Health Plan who are unable to attend a workshop in Marshfield, free help to quit nicotine use is available by telephone through Security's Nicotine Free health coaching program. Quitting nicotine use is difficult, but your patients don't have to do it alone. With Security's Nicotine Free program, they'll have a coach with them every step of the way. See below for details.

To get started with free health coaching, your patients can call 1-800-472-2363 (TTY: 711), Monday – Friday, 8 a.m. – 5 p.m., and ask to speak with a health coach. Learn more about Security Health Plan's health coaching program at [www.securityhealth.org/articles/health-coaching](http://www.securityhealth.org/articles/health-coaching).

## Quitting nicotine in a way that works for your patients

The path to quitting nicotine isn't the same for everyone. We'll help your patients develop a personalized plan for success. Whether your patients smoke, chew or use e-cigarettes, quitting nicotine can give them freedom, make them stronger and improve their quality of life. We know the quit rate for smokers who participate in evidence-based tobacco quit programs is **double** the national average of smokers who try to quit on their own.

The Nicotine Free program:

- utilizes educational phone sessions with trained health coaches
- is scheduled at times that work best for your patients
- is designed to meet their specific needs
- is completely confidential

Your patients and their health coaches will work on:

- knowing the facts about nicotine
- finding the reasons why they use nicotine
- tools to help them quit
- learning to manage stress
- living healthy
- remaining nicotine-free