

WORKING WELL

at Ball State University

Ready to Quit?

The Working Well program provides two options to help certify you in becoming tobacco free. Certification is achieved by completing one of the FREE options below and returning the Tobacco-Free Affidavit to the Payroll & Employee Benefits Office (AD G29) by **Friday, June 22, 2012**.

Indiana Tobacco Quit line (1-800-QUIT-NOW www.indianatobaccoquitline.com)

The Quitline offers one-on-one cessation coaching using phone-based and online intervention to Indiana residents age 18 and older. Participants are set up with 4 pre-arranged telephonic cessation sessions, receive a step-by-step cessation guide in the mail to work through the cessation process, and receive unlimited support calls before, during, and after their pre-arranged sessions. Family and friends also have access to unlimited support calls as well. In order to participate with the Quitline, just call 1-800-QUIT-NOW and get signed up for your sessions. After completion of your 4 sessions you will need to request a letter that must be submitted to Human Resources in order to receive your tobacco-free premium discount. There is no cost to utilize the Tobacco Quit Line.



Fresh Start Classes

This FREE program is designed to help participants stop smoking through proven strategies of the quit process. A trained facilitator will teach a series of 4 classes. You must attend all 4 classes by July 1st in order to receive the tobacco-free premium discount. The free class dates and times are listed below. In order to participate in the Fresh Start Classes you must be enrolled by May 18, 2012.

Tuesday Classes May 22-June 12	Wednesday Classes May 23- June 13	Thursday Classes May 24-June 14	Friday Class May 25-June 15
11:00 am - 12 noon	11:00 am - 12 noon	7:30 am-8:30 am	11:00 am-12 noon
12:30 pm - 1:30 pm	12:30 pm - 1:30 pm	4:30 pm-5:30 pm	
3:30 pm - 4:30 pm	4:30 pm - 5:30 pm		
5:00 pm – 6:00 pm			

To enroll in a 4 week Fresh Start Class please call Working Well at 765-285-9355.

**** If at any time during this process you would like assistance with Nicotine Replacement Therapy please visit the Ball State QuickClinic. All fees associated with Tobacco Cessation through the QuickClinic will be waived until July 1, 2012. For questions please call Working Well at 765-285-9355**