



KGA SMOKING CESSATION OUTREACH PROGRAM

The EAP knows how to help people that are trying to stop smoking. If you've tried to quit before, you know how truly addictive cigarettes can be. We know that there is no one "right way" to stop smoking. Today there are many different resources and tools available to assist, including the EAP.

The EAP has a lot to offer employees, regardless of where one might be in the smoking cessation process. We can also provide help to co-workers, managers and family members as they offer their support.

Here are some of the ways KGA can help:

Help assess readiness to quit

Access to innovative smoking cessation booklets, entitled "Set Yourself Free" and "Clearing the Air: Quit Smoking Today"

Provide 24/7 telephone access or face to face counseling

Help to create and manage a personal quitting plan

Customize connection to resources

Offer stress management alternatives to nicotine

Provide information on current medications and nicotine replacement therapy

Educate about relapses and triggers

Recommend behavior management techniques

Offer quick tips, facts and websites on quitting

For most, the biggest challenge isn't quitting - it's staying smoke-free. Let KGA help you along the way.

Contact the EAP at any time at 800.648.9557 or email www.info@kgreer.com

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More Human. More Resources

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