



Good Health Is Good Business

Westmoreland County Businesses Host Free Wellness Programs

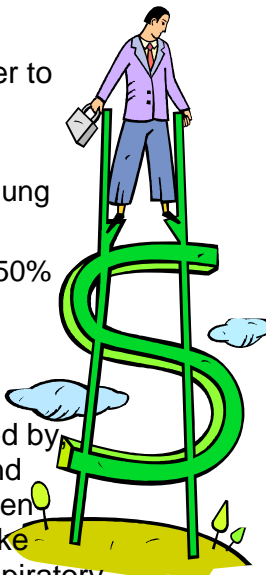
As Pennsylvania moves closer to enacting a smoke-free workplace ordinance, several Westmoreland County businesses are taking the lead in making the transition smooth for their employees. The following businesses have continued to host **FREE** cessation programs for their employees:

- **Dormont Manufacturing-Export**
- **Mercy Jeannette Hospital-Jeannette**
- **Norwin School District-North Huntingdon**
- **Redstone Highlands-Greensburg, Murrysville, North Huntingdon**
- **Versamatic Pump-Export**

Does Your Insurance Provider Cover Cessation Interventions?

You must ask your insurance carrier to include tobacco cessation benefits under prevention services.

- When smokers quit, their risk of lung and heart disease decreases.
- Absentee rates for smokers are 50% higher than for nonsmokers.



Did you know....

Health premium costs are affected by, among other things, the number and size of claims. Smokers and children who inhale an adult's tobacco smoke are sick more often, have more respiratory problems, and more doctor visits than non-smokers and their children. Cessation programs for employees are good for your bottom line. See "Penn State Can Help."

Penn State Extension Can Help!

FREE "How To Quit Tobacco" cessation programs are available to all worksites in Westmoreland County. **Call 724-837-1402 for more information.**

All participating employees are eligible to receive discount vouchers for all stop smoking aids.

Q& A: Tips from Amanda Iwinski, Penn State Extension Cessation Specialist

"Is there anything I can do to get ready to quit?"

Absolutely! Make a list of the **risks** of continuing to use such as the increased risk of heart disease, cancer and COPD. List the ways smoking already affects you. Write out the **rewards** you would receive for quitting such as save money, breathe easier. Finally, list any **roadblocks** to your attempt to quit that can be removed such as lack of support.



Ready to quit within in 4 weeks?

- Set a quit date, perhaps a day with special significance like a birthday or anniversary.
- Before the quit date, remove all tobacco products and ash trays. Do not allow people to smoke in your home or car.
- Avoid triggers that create the urge to smoke and change daily routines.

Call for more help to quit!

1-888-664-2248, Penn State Extension or 1-800-784-8669, Pennsylvania Quit Line

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Help Your Employees Keep their New Year's Resolution to Quit Smoking!

1. Host a free "How to Quit" wellness program

Why?

- Absenteeism rates for smokers are 50% higher than non-smokers. *Northshore-Long Island Jewish Health System*
- January is the #1 time people try to make lifestyle changes.

2. Choose tobacco cessation coverage as an insurance benefit.

Why?

- Companies spend \$3,856 per smoker per year in direct medical costs and lost productivity.

Center for Prevention and Health Services

This newsletter is courtesy of Westmoreland Drug & Alcohol Commission, Inc., funded by the Pennsylvania Department of Health, Edward G. Rendell, Governor.



What We Can Do For You!

- Provide certified tobacco cessation counselors to conduct onsite "how to stop" programs or information sessions.
- Provide discount coupons for stop smoking medications to all participating employees.
- Provide telephone or individual counseling with employees.
- Provide a model tobacco free business policy.

Call Amanda Iwinski at 724-837-1402 today!