



Tobacco Cessation Information

Connect4Health Wellness Program offers free tobacco cessation classes to all employees/retirees.

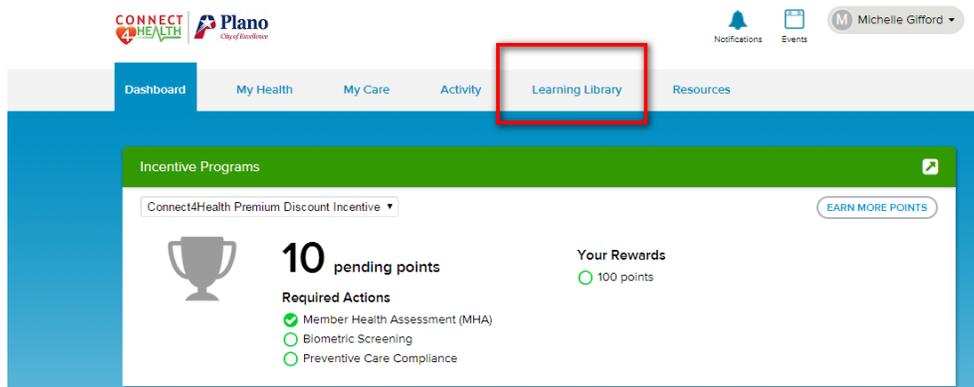
For those that would like to complete a course in order to avoid the monthly tobacco surcharge of \$25 for Plan Year 2018, can do so in 1 of 3 ways:

1) Online

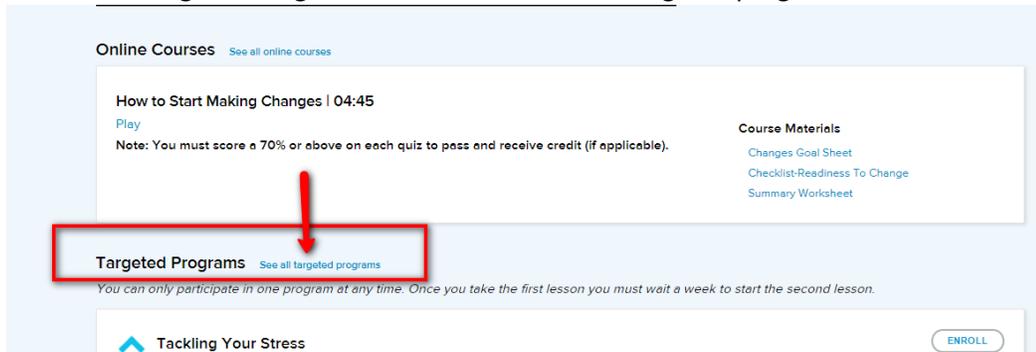
C4honline.com, our new wellness portal, maintained by Viverae, offers a 4-week online tobacco cessation course. Completion of the course will be noted on the portal and you will also earn additional points towards your healthy habits rewards program.

To get started, follow the instructions below:

- Go to c4honline.com
- Sign in if you have created an account already, if not, please register for one.
 - Enter your last name and date of birth (DOB)
 - Click **New User Registration**
 - Enter your identifier: **Employee/retiree:** Enter your **5-Digit Employee ID Number**
 - Enter the registration code: **cityofplano**
 - **Create a username and password**
- Go to “Learning Library” located in the top menu bar on your Dashboard Page



- Go to “Targeted Programs” and click on “See all targeted programs”



- Click on “Enroll” on the “Breaking Free From Tobacco” course

Learning Library

Note: You may only be enrolled in one program at a time. Only one lesson and quiz can be completed per week. The next week's lesson will be available 7 days after the previous lesson's quiz is completed.

Show All Details Hide All Details

Name	Description	Actions
Building Your Exercise Routine <small>RECOMMENDED</small>	Building Your Exercise Routine is a program designed to help you learn and practice new skills that will help you reach your goals for physical activity. You begin each Targeted Program by completing the first lesson via on-demand webinar. After a minimum of seven days, you may move on to the next lesson. You may be required to re-enroll if 30 days or more pass between the viewing of two consecutive lessons.	▶ Enroll
Breaking Free from Tobacco	Breaking Free from Tobacco is a 4-week program designed to encourage lifestyle habits to support tobacco cessation. Individuals will develop an understanding of tobacco cessation principals, set personal goals, and learn practical skills for behavior change. You begin each Targeted Program by completing the first lesson via on-demand webinar. After a minimum of seven days, you may move on to the next lesson. You may be required to re-enroll if 30 days or more pass between the viewing of two consecutive lessons.	▶ Enroll
Taking Control of Your Diabetes	Taking Control of Your Diabetes is a 4-week program designed to encourage lifestyle habits to support diabetes management. Individuals will develop an understanding of diabetes management principals, set personal goals, and learn practical skills for behavior change. You begin each Targeted Program by completing the first lesson via on-demand webinar. After a minimum of seven days, you may move on to the next lesson. You may be required to re-enroll if 30 days or more pass between the viewing of two consecutive lessons.	▶ Enroll
Reaching Your Healthy Weight	Reaching Your Healthy Weight is a 4-week program designed to encourage lifestyle habits to support weight management. Individuals will develop an understanding of weight management principals, set personal goals, and learn practical skills for	▶ Enroll

- You will see that you are enrolled in the course

Show All Details Hide All Details

Name	Description	Actions
Breaking Free from Tobacco	Breaking Free from Tobacco is a 4-week program designed to encourage lifestyle habits to support tobacco cessation. Individuals will develop an understanding of tobacco cessation principals, set personal goals, and learn practical skills for behavior change. You begin each Targeted Program by completing the first lesson via on-demand webinar. After a minimum of seven days, you may move on to the next lesson. You may be required to re-enroll if 30 days or more pass between the viewing of two consecutive lessons.	<input checked="" type="checkbox"/> Enrolled <input type="checkbox"/> Cancel
Focusing on Your Heart	Focusing on Your Heart is a 4-week program designed to encourage lifestyle habits	▶ Enroll

- Click on “Learning Library” again and the course will be available for you to begin! Press “Play” to start Lesson.

flowplayer

Online Courses [See all online courses](#)

How to Start Making Changes | 04:45
 Play
 Note: You must score a 70% or above on each quiz to pass and receive credit (if applicable).

Course Materials
[Changes Goal Sheet](#)
[Checklist-Readiness To Change](#)
[Summary Worksheet](#)

Targeted Programs [See all targeted programs](#)

You can only participate in one program at any time. Once you take the first lesson you must wait a week to start the second lesson.

▶ **Breaking Free from Tobacco** CANCEL ENROLLMENT

Breaking Free from Tobacco is a 4-week program designed to encourage lifestyle habits to support tobacco cessation. Individuals will develop an understanding of tobacco cessation principals, set personal goals, and learn practical skills for behavior change. You begin each Targeted Program by completing the first lesson via on-demand webinar. After a minimum of seven days, you may move on to the next lesson. You may be required to re-enroll if 30 days or more pass between the viewing of two consecutive lessons.

● Lesson 1: Back to the Basics | 04:45
 Lesson 1 will review the basics of tobacco cessation, including health consequences of tobacco use and benefits of a tobacco free life.
 Materials: [Personal Motivators for Tobacco Cessation](#) | [Tobacco Fact Sheet](#) | [Tobacco Tracker](#) | ▶ Play

● Lesson 2: The Core | 03:16
 Lesson 2 will examine personal reasons for tobacco use and strategies to develop a plan to quit.

● Lesson 3: Take Action | 05:12
 Lesson 3 will encourage taking action on tobacco cessation by goal setting and making environment changes.

● Lesson 4: Next Steps | 04:17
 Lesson 4 will emphasize the importance of setting a quit date and review strategies to stay tobacco free for a lifetime.

2) Telephonic

The City of Plano is partnering with **Quit for Life**, a telephonic tobacco cessation program. If you decide to join this program, your quit coach will help you create an easy-to-follow quitting plan that will show you how to get ready, take action and live the rest of your life tobacco-free. Your quitting plan will include:

- A quit coach
- Quitting Aids
- Quit guide
- Web Coach
- Text2Quit

You must complete 4 out of 5 coaching sessions

To register for the program, call 1-866-QUIT-4-LIFE (1-866-784-8454) or go online at quitnow.net

3) Onsite

The City of Plano is also offering onsite Tobacco Cessation Courses facilitated by your City Wellness Coordinator, Michelle Gifford. The curriculum used is **FreshStart** developed by the American Cancer Society, who is also the product developer of **Quit 4 Life**.

These courses will be held on-site, in various locations around the City. The facilitator will work with Department heads in developing a schedule that is most conducive to employee work hours. This course is typically four (4) weeks in length, at one hour each. This course will include:

- On-site group facilitation
- Quit Guide

Questions about this program, contact Michelle Gifford, Wellness Coordinator,
at 972-941-7227 or michellegi@plano.gov