

# Tobacco Cessation Resources

Thinking about quitting smoking? You don't have to do it alone! As a State of Wisconsin employee there are a variety of resources available to you via your employee benefits as well as free community resources that can help you stop smoking and stay tobacco free.

## State Employee Assistance Program (EAP)

All employees and their household family members are eligible for smoking cessation benefits through the State Employee Assistance Program.



Search "smoking cessation" on the EAP web portal\* at <https://sowi.mylifeexpert.com> for a number of resources related to stopping smoking.

Employees can also call the EAP at 833-539-7285 to speak with an EAP counselor about community smoking cessation resources available close to their work or home.

\*Note: All users must create an account at first log in. Use company code SOWI

## UW Center for Tobacco Research and Intervention (UW-CTRI)

Rich in resources including web, onsite clinic and mobile assistance, the UW-CTRI has tools to fit your unique needs. Visit their website at [ctri.wisc.edu](http://ctri.wisc.edu) to explore the various options available.

## Quit Smoking Apps

The following apps are recommended by the UW Center for Tobacco Research and Intervention. Fees may apply.

**quitSTART**  
<https://smokefree.gov/tools-tips/apps/quitguide>

**Craving to Quit: Using Mindfulness Strategies to Quit**  
<http://cravingtoquit.com/>



## Wisconsin Tobacco Quit Line

The Wisconsin Tobacco Quit Line provides free one-on-one phone counseling and information, local cessation program referrals, and starter packs of quit smoking medications like nicotine gum, patches, and lozenges.

For free assistance and a customized quit plan, call the Wisconsin Tobacco Quit Line at 800-QUIT NOW or register online at <https://quitline.wisc.edu>



## Health Coaching with the Well Wisconsin Program

One-on-one, telephonic health coaching is available to all State employees who participate in the State Group Health Insurance Program.

A health coach can help to discover health goals related to smoking cessation or other health behaviors you want to improve upon, and develop personal strategies to reach the outlined goals. This service is free of charge and can be accessed online or by phone.

Online: Go to [webmdhealth.com/wellwisconsin](http://webmdhealth.com/wellwisconsin) and click "Coaching" to send a confidential message.

By Phone: Call 800-821-6591 to get started.



## State Group Health Insurance Benefits

Contact your health care provider or health plan to find out what additional tools and resources may be available to you, including covered medication and counseling to assist with tobacco cessation.

