

# SMOKING CESSATION PROGRAM

## **Description:**

Employee Wellness is partnering with KanQuit (Kansas Tobacco Quitline) to offer incentivized tobacco cessation services for Lakemary employees who wish to quit smoking.

While KanQuit is a free tobacco cessation program, our partnership includes paid incentives for Lakemary employees. Please review the following to find out more about eligibility requirements, incentives/services offered, and how to sign up:

## **Eligibility Requirements:**

Must be actively employed (full-time or part-time) by Lakemary Center with a tenure of 90 days or more.

## **Services:**

Tobacco cessation services are offered through KanQuit (Kansas Tobacco Quitline). The typical KanQuit program includes 5 coaching calls that last 15-20 minutes each. In addition to coaching, the KanQuit line offers assistance in connecting you to resources like nicotine quit medications. To learn more about the KanQuit programs, visit their webpage: <https://kansas.quitlogix.org/en-us/about-the-program/quitline-programs/>.

## **Incentives:**

Incentives will be distributed on a first-come first serve basis to those who register for services through Lakemary Employee Wellness. The following is an outline of the incentives you can earn:

**\$25 Walmart gift card- [Enroll and complete the 1<sup>st</sup> call](#)**

**\$25 Walmart gift card- [Complete the 3<sup>rd</sup> call](#)**

**\$50 Walmart gift card- [Complete the 5<sup>th</sup> call](#)**

*\*\*As indicated above, eligible participants can earn up to \$100 through Lakemary's smoking cessation program.*

## **Instructions for Registration:**

1. Complete the Smoking Cessation Program Intake Form (attached below) and email it to Employee Wellness- [grace.davis@lakemary.org](mailto:grace.davis@lakemary.org).
2. Once received, Employee Wellness will use your information to create a referral to KanQuit, who will call you within 1-2 business days.
3. Employee Wellness will track your progress in the program. Upon completion of each indicated checkpoint, payments will be distributed via Walmart gift cards (\$25, \$25, \$50).

If you have any questions or concerns, please reach out to Employee Wellness at [grace.davis@lakemary.org](mailto:grace.davis@lakemary.org) or call (913) 359-5424.

# SMOKING CESSATION PROGRAM INTAKE FORM

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Primary Phone Type:    Cell    Home    Work    Primary #: \_\_\_\_\_

Secondary Phone Type:    Cell    Home    Work    Secondary #: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Preferred Language: \_\_\_\_\_

Do you consent to receiving text messages with motivational messages tailored to you and other program events, such as appointment reminders, and quit anniversaries?

YES                  NO

Is it okay to leave a voicemail?

YES                  NO

Are you hearing impaired?

YES                  NO

**Please read and sign the following disclosure statement:** By signing below, I give my consent for Lakemary Employee Wellness to track my progress through the KanQuit program for the express purpose of assigning and distributing rewards for the following completion checkpoints:

\$25 Walmart gift card - [Enroll and complete the 1<sup>st</sup> call](#)

\$25 Walmart gift card - [Complete the 3<sup>rd</sup> call](#)

\$50 Walmart gift card- [Complete the 5<sup>th</sup> call](#)

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please email your completed form to Lakemary Employee Wellness at [grace.davis@lakemary.org](mailto:grace.davis@lakemary.org).**