

# Did You Know...

## IMPACT on the web has a Quit Center?

Tobacco addiction is a chronic disease that often requires multiple attempts to quit. Although some users are able to quit without help, many others need assistance. That is why your IMPACT Employee Assistance & Work/Life Program created the *Quit Center* to help you (or a significant other) quickly identify the resources, tools and professional help needed to help you reach your goal.

The screenshot shows the IMPACT Solutions website interface. At the top, there is a navigation menu with categories like PARENTING, AGING, BALANCING, THRIVING, WORKING, LIVING, and INTERNATIONAL. Below the menu, there are sections for "News For You" and "Centers". The "Centers" section is highlighted with a red circle and a red 'X' over a no-smoking sign, indicating the "Quit Center". The "Quit Center" description states: "Tobacco Cessation Tools and Resources allow you to access resources to help you quit using tobacco products. You can also call 800-227-6007 to learn more or to schedule a time to talk to one of our cessation specialists." Other centers listed include "Legal & Financial Center" and "Savings Center".

### A sampling of the tools and resources currently available via web:

The screenshot shows a search results page for "smoking cessation". It is divided into three sections: "Articles", "Audio", and "Resources". Each section lists relevant items with their relevance percentages. The "Articles" section includes "Cigarettes and Other Tobacco Products: Part 2" (91.4% relevant), "Medications That May Help You Quit Smoking" (84% relevant), "Smokeless Tobacco: Tips for Going the Distance" (83.7% relevant), "Smokeless Tobacco and Cancer" (83.4% relevant), and "Cigarettes and Other Tobacco Products: Part 1" (82.9% relevant). The "Audio" section includes "Secondhand Smoke" (16.1% relevant), "Preventing Smoking" (13.8% relevant), "Osteoporosis Risk Factors" (12.8% relevant), "Cancer Risk Factors" (9.7% relevant), and "Doctor's Advice vs. Behavior" (8.8% relevant). The "Resources" section includes "Campaign for Tobacco-Free Kids" (14.8% relevant), "Talk to an Expert to Help You Quit Smoking" (12.2% relevant), and "SmokeFree" (12.2% relevant).

### IMPACT support includes:

#### » Telephone Coaching

IMPACT Solutions' Quit Specialists, certified in tobacco cessation techniques, can structure telephonic coaching sessions and resource material based on your individual goals.

#### » Web Resources

Visit [www.MyIMPACTSolution.com](http://www.MyIMPACTSolution.com) to view hundreds of tools and resources available to assist you with tobacco cessation. The *Quit Center* includes easy access to online tools in one convenient location including:

- » Tobacco cessation modules
- » Resources
- » Support
- » Educational materials

Call IMPACT Solutions at 800-227-6007 or visit IMPACT on the Web at [www.myimpactsolution.com](http://www.myimpactsolution.com) for additional information on tobacco cessation.

