Aware stress hormone, and boosts brain chemicals called endorphins, which help your mood.

Give Your Brain a Break

Other resources. Learn more about the program by visiting the website or contacting the help line. Peer sponsors who understand what it takes to quit, and leaders and participants discuss the skills necessary to successfully live tobacco free.

The program is course based and consists of once weekly classes led by a nurse practitioner. It is open to employees and their spouses, regardless of their employer.

Can Help You Do It

You know you need to give up smoking for your health. That's great! But quitting is hard, and you might need some help to succeed. That's okay! You can receive support through a help line, peer sponsors who understand what it takes to quit, and leaders and participants discuss the skills necessary to successfully live tobacco free.

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Save on Your Health Insurance in 2017

To save 1 percent on your health insurance in 2017, you must make changes to your lifestyle. To save even more, complete your medical insurance provider assessment within the same time frame.* If you do, you will receive another 1 percent reduction in the premium.

* The assessment is based on your completion of your biometric health screening and your weight loss or smoking cessation. It is available to all members of the organization, including employees, spouses, and dependents. It is also available to individuals who are not employees of the organization. The assessment is administered by a third party, and is not considered a benefit of employment. It is available to all members of the organization, including employees, spouses, and dependents. It is also available to individuals who are not employees of the organization. The assessment is administered by a third party, and is not considered a benefit of employment.

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