

# Tobacco Cessation Program

## Inspirations™

*Inspirations*™ is an innovative tobacco cessation & respiratory health improvement program designed to prevent or reduce respiratory-related illnesses and disabilities through tobacco cessation education, basic pulmonary function screening and behavioral lifestyle modification techniques. This highly effective program is a smart way to improve participants' health, boost employee attendance, productivity, and morale while reducing insurance and other healthcare expenses.

### The Facts

Smoking is a problem not only for people who smoke but for the companies that employ them. Smokers have 50% higher absenteeism rates, and cost employers approximately \$3,600 per year more in health and life insurance costs and claims, accidents and fires, property damage, smoke pollution illness and discomfort compared to non-smokers (CDC, 2003). Lost work time and combined medical bills add up to a staggering \$65 billion every year. Lung cancer alone costs U.S. private industry an estimated \$985.5 million annually.



**Call Us Now to Start Your  
Employees on The Path to  
Better Health!**

1-520-404-4558

Michelle.Taylor@MonarchHP.com

www.MonarchHP.com

### Inspirations™ Comprehensive Tobacco Cessation Program Includes:

- ◆ 8 Weeks of on-site group classes
- ◆ Initial biometric collection and assessment including blood pressure and body composition
- ◆ Participant's guidebook, including; nicotine addiction assessment, behavioral modification techniques, skills exercises, quit plan, and diet and exercise education
- ◆ Relapse prevention follow-up

*Monarch Health Promotions* 