

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. It is an ideal program for organization's looking to improve member's health and decrease the costs associated with tobacco use.

FACT: Cigarette smoking causes approximately 440,000 deaths annually in the United States. It is also the most preventable cause of death in the country. Smoking is associated with an increased risk for at least 15 types of cancers. In fact, it is the most important risk factor for lung cancer.

FACT: An estimated \$92 billion in productivity losses occurs annually from deaths due to smoking. The economic costs of smoking are more than \$167 billion, including an additional \$75.5 billion in smoking-related medical expenditures.

FACT: Chronic Obstructive Pulmonary Disease (COPD) is currently the fourth leading cause of death in the U.S., 85-90 % of all COPD cases are directly attributed to smoking.



Call Us Now to Start on The Journey
to Better Health!

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Inspirations™ Comprehensive Tobacco Cessation Program Includes:

- ◆ 8 Weeks of on-site group classes led by a Certified Health Coach
- ◆ 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
- ◆ A follow-up health risk assessment with a Certified Health Coach
- ◆ Relapse prevention follow-up