

# TOBACCO-FREE WORKPLACE



The health and well-being of our staff and visitors are of highest priority for the City of Tuscaloosa. It has been proven that smoking and using other tobacco products are not good for the user's health, and affects the health of those close by through second-hand smoke and residual contaminations. We want to provide you with resources and tools to help you quit using tobacco products and live a healthier lifestyle. So if you choose to quit, we will be here to support you.

## DOWNLOAD THESE MOBILE APPS TO HELP YOU QUIT!



The Quit for Life App is designed specifically to help you quit smoking and stay quit for life. The features include a Quit Date Tracker, Saving Calculator, Motivational Reasons for quitting and Daily Tips! *(Free download)*

Chew Free is a companion app for healthy, chewing tobacco-free living. By helping you reach key milestones, track money saved, and providing a daily motivational reminder, this app can help you kick the nasty habit once and for all. *(\$1.99 to download)*



Quit Pro is a brand new approach to help you quit smoking. It help you monitor your progress, understand when, why and where you smoke, as well as read motivation quotes to help you quit smoking. *(Free download)*

Visit the following websites or call the phone numbers listed below for more resources:

[www.betobaccofree.gov](http://www.betobaccofree.gov) or 1-877-44U-QUIT

Alabama Public Health  
<http://www.adph.org/tobacco>

1-800-Quit-Now (784-8669) or visit  
[QuitNowAlabama.com](http://QuitNowAlabama.com)

[www.smokefree.gov](http://www.smokefree.gov)

American Cancer Society - [www.cancer.org](http://www.cancer.org)

Free support is available to all employees through our EAP Program.

### EAP Contact Information

Phone: 205-759-7890

Toll Free: 1-866-840-0750

Website: [www.powerflexweb.com/1632/login.html](http://www.powerflexweb.com/1632/login.html)

Username: City of Tuscaloosa

Once you are logged into the website, click on the Balancing tab, then Addiction & Recovery. Finally, select Nicotine and Tobacco which is located on the left hand side under Categories.

*\*This is not an all-inclusive list of resources. For more resources contact the HR office at 205-248-5240.*