

TOBACCO PROGRAM QE OPTIONS

Choose your program to qualify for the **2020 BEST Plan Level**



Tobacco Education: Online Course

A good option if you don't think you want to quit and just want to qualify. **Requires registration and a passing score of 80%**. Register at manateeyourchoice.com/register.



Quit line

Florida Quit line for those who may want to quit but need the convenience of telephonic coaching. **3 sessions and a Certificate of Completion required. Call 1-877-822-6669** (877-U-CAN-NOW). Record your intent to complete this option by registering at manateeyourchoice.com/register.

NOTE: The Quit Line certificate of completion must be sent and received by Christina Edenfield (email cedenfield@manateeyourchoice.com) by August 31, 2019. Upon receipt, you will receive a confirmation email. If you do not receive an email confirmation within 48 hours, contact Christina prior to August 31 at 941.748.4501 x6464.



Tobacco Cessation Course (Face-to-Face)

Open to anyone, even if you're not ready to quit. Register at manateeyourchoice.com/register.

DATE	TIME	LOCATION
TUES, MARCH 19	3:30p - 5p	UTILITIES, LARGE CONF ROOM 4410 66th Street W, Bradenton
SAT, APRIL 13	10a - 11:30a	PALMETTO LIBRARY AUDITORIUM 923 6th Street W, Palmetto
TUES, APRIL 23	3:30p - 5p	PUBLIC WORKS, CONF ROOM 1 & 2 1022 26th Ave E, Bradenton
WED, MAY 8	5:30-7pm	CENTRAL LIBRARY, AUDITORIUM 1301 Barcarrota Blvd W, Bradenton
SAT, JUNE 29	10a - 11:30a	BRADEN RIVER LIBRARY 4915 53rd Ave E, Bradenton

If your nicotine status has changed (you started using tobacco or quit using tobacco), you must contact Christina Edenfield at cedenfield@manateeyourchoice.com or 941.748.4501 x6464. **Failure to do so could result in a change to your plan level.**

ALL PROGRAMS MUST BE COMPLETED BY 8/31/19 TO QUALIFY FOR THE BEST PLAN
Easy registration online at manateeyourchoice.com or contact Beth at 941.748.4501 x6412

HELP FOR QUITTING TOBACCO

When you're ready to quit, we'll be there to help. All nicotine-exposed members – regardless of plan level – are eligible for the following resources:

- Tobacco Cessation Aides available at no cost - nicotine patch, gum, lozenge
- Pharmaceutical Interventions – Wellbutrin, Chantix
- One-on-One Coaching

Contact Christina Edenfield at cedenfield@manateeyourchoice.com or 941.748.4501 x6464 for more information about these resources and to get started.