

# TOBACCO PROGRAM QE OPTIONS

Choose your program to qualify for the **2021 BEST Plan Level**



## Tobacco Education: Online Course **NO REGISTRATION**

A good option if you don't think you want to quit and just want to qualify. **Requires a passing score of 80%.**



## Quit line **NO REGISTRATION**

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).**

NOTE: The Quit Line certificate of completion must be sent and received by Christina Edenfield (email [cedenfield@manateeyourchoice.com](mailto: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) **REGISTRATION REQUIRED**

Open to anyone, even if you're not ready to quit. Register at [manateeyourchoice.com/register](http://manateeyourchoice.com/register).

DATE	TIME	LOCATION
Thurs, March 26	3:30p - 5p	Utilities, Large Conf Room 4410 66th Street W, Bradenton
Sat, April 25	10a - 11:30a	Palmetto Library Auditorium 923 6th Street W, Palmetto
Wed, May 6	5:30p - 7p	Central Library, Auditorium 1301 Barcarrota Blvd W, Bradenton
Sat, June 27	10a - 11:30a	Braden River Library 4915 53rd Ave E, Bradenton

ALL PROGRAMS MUST BE COMPLETED BY 8/31/20 TO QUALIFY FOR THE BEST PLAN  
Easy registration online at [manateeyourchoice.com](http://manateeyourchoice.com) or contact Beth at 941.748.4501 x6412

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

## 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:** Contact Vanessa Rene, CPhT, RPhT, Pharmach Technician at x6418

**Pharmaceutical Interventions – Wellbutrin, Chantix**

**One-on-One Coaching:** Contact Christina Edenfield, RD, LD/N, Wellness Programs Coordinator at x6464

**Contact Christina Edenfield at [cedenfield@manateeyourchoice.com](mailto:cedenfield@manateeyourchoice.com) or 941.748.4501 x6464 for more information about these resources.**