WE CAN HELP YOU IMPROVE YOUR EMPLOYEES’ WELLNESS, ONE STEP AT A TIME.

Healthier employees mean a healthier workplace. A more productive workplace. And lower healthcare costs for your company or organization.

Creighton University has been a leader in wellness services throughout the Omaha metropolitan area for more than 30 years. Our multidisciplinary health professions teams provide a full range of health and wellness programs tailored to fit your needs.

INNOVATIVE WELLNESS PROGRAMS

• Tobacco Education Programs
• Tobacco Treatment Programs
• Health Education

TOBACCO EDUCATION & TREATMENT PROGRAMS

Tobacco 101: Understanding Tobacco Use and Nicotine Addiction
Designed to assist tobacco users in comprehending the destruction tobacco creates and to offer a clear option to begin a cessation program.

Commit to Quit
Tobacco cessation program with a higher than average success rate.

Other programs include education for family/friends of tobacco users, support groups for those quitting tobacco, staff training, on-site tobacco-use testing and more.

“I was a smoker for more than 30 years. I tried many times to quit, but was never able to stay smoke free for longer than a couple of months. I used the patch, lozenges, gum, drugs and even went cold turkey. The missing piece was learning how to live as a nonsmoker. Commit to Quit enabled me to recognize my behaviors and triggers, and taught me ways to cope. I got support and encouragement along with an education.”

-Theresa, Commit to Quit graduate
PROVEN SUCCESS
Graduates of Creighton’s Commit to Quit consistently beat national averages for success at quitting tobacco.

NATIONAL AVERAGES
(immediate to 6 months-post attempt to quit)*

- 4-7% success rate with no medication, counseling/treatment
- 14.6% success rate counseling alone
- 21.7% success rate using medication alone
- 27.6% success rate using medication plus treatment/counseling

* Treating Tobacco Use and Dependence Clinical Practice Guideline: 2008 Update

Commit to Quit Averages

- 66% success rate for program graduates (81% retention rate)
- 57% success rate for program graduates at 3 months-post graduation
- 37% success rate at 6 months post-graduation

Health education presentations for both small and large groups include nutrition/diet, fitness/exercise, chronic conditions, stress management and more. We design health education presentations to meet your workplace needs.

Let the health educators, nurses, pharmacists, physicians and health professions students of Creighton University show your employees how to make lifestyle and wellness changes that will truly make a difference. Let us help you help your employees—and reduce your healthcare and health insurance costs. Ask about our discounted pricing. Call now for more information! 402.280.5287