IMPROVING WORKSITE WELLNESS
ONE STEP AT A TIME
WE KNOW WORKSITE WELLNESS IS IMPORTANT TO YOUR COMPANY OR ORGANIZATION.

WELLNESS MEANS:

- Fewer work days lost
- More productive staff members
- Lower healthcare and health insurance costs
- Happier employees who appreciate your priority on wellness

The benefits to your staff from tobacco cessation and other health-education programs are almost incalculable.

Creighton University, an institution with a 136-year reputation for educational excellence, is the perfect partner for your wellness objectives.

Creighton has been a leader in wellness services for more than 30 years in the Omaha metropolitan area. Our multidisciplinary health professions teams structure convenient, on-site health and wellness programs to fit your needs in small- or large-group settings.

- Tobacco Education Programs
- Tobacco Treatment Programs
- Health Education and Staff Training Programs

Our health educators, nurses, pharmacists, physicians and health professions students will teach your employees how to make lifestyle and wellness changes that truly make a difference.
**Tobacco 101: Understanding Tobacco Use and Nicotine Addiction Program**

Small-group one-hour session(s) are designed to assist tobacco users in comprehending the destruction tobacco use creates for them and for those around them; and to offer a clear, immediate choice to begin a cessation program.

*Tobacco 101* is offered in two formats: a three-part series or a one-time presentation. The three-part *Tobacco 101* program allows participants time to interact with the facilitator and other attendees, receive an expired carbon monoxide test, analyze both the biopsychosocial aspects of their addiction as well as their readiness to change, and create a decisional matrix about their tobacco use. The one-time *Tobacco 101* presentation provides an overview of the topics discussed in the three-part course and participants receive worksheets to take with them for self-exploration.

**Number of Participants:** Minimum of 5, maximum of 10 (three-part program only)

**Cost:** One-time *Tobacco 101* overview presentation, $75 flat fee
Three-part course, $40 per person for 5-7 participants; $30 per person for 8-10 participants

**Reports Provided by Request:** Attendance roster

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**When a Smoker Tries to Quit Presentation**

Friends and family may try to support a loved one during a quit attempt, but they often don’t understand what their loved one is going through. *When a Smoker Tries to Quit* is designed for family and friends rather than the smoker. Participants learn about the physical and mental aspects to quitting smoking, how to help and be supportive, and what to avoid doing.

**Number of Participants:** Minimum of 5, maximum of 15

**Cost:** $75 per session

**Reports Provided by Request:** Attendance roster

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**Creighton Worksite Health Promotion Programs**

All services are conducted at the contracted worksite location(s) unless otherwise indicated.

Programs offered Monday through Friday, except on holidays and in severe weather conditions, during normal business hours (8:30 a.m. to 4:30 p.m.) unless otherwise indicated. Evening courses may be available for an additional fee.
Commit to Quit Tobacco Cessation Program

Eight one-hour, small-group sessions, conducted over seven to eight weeks, designed to help participants end their addiction to tobacco. Classes focus on a variety of topics, including: preparing for change; nicotine tapering; identifying triggers; coping techniques; stress management; and relapse prevention. Attendees will have the opportunity to discuss their tobacco use history and reasons for wanting to change; develop a personalized plan to quit; and receive support and guidance from both the tobacco treatment specialist and other group members. Quit week is scheduled for the fifth week of the program and group members are encouraged to all quit on the same day. Participants also receive a Commit to Quit manual and workbook.

Number of Participants: Minimum of 5, maximum of 15

Cost: 5 to 9 participants, $100 per person; 10 to 15 participants, $70 per person

Discounted Rate: Employees who sign up for and attend Commit to Quit within one year of attending Tobacco 101 will receive a discounted Commit to Quit fee.

Reports Provided by Request: Attendance rosters, aggregate satisfaction survey results

Mini-Quit Plan Sessions

If group classes do not fit your company’s needs, our tobacco treatment specialist can come on-site for a four- to six-hour period to hold several one-on-one, 30-minute personalized quit plan development sessions for interested employees. Participants complete a brief smoking history assessment, set a quit date and build a framework for a quit plan. Employees who are uncertain of whether they want to quit will complete a similar process surrounding either a reduction or behavior change goal.

Cost: $75 for four hours, plus $15 per participant; $15 for each additional hour.

Reports Provided by Request: Visit completion rosters

“...The group sessions were great. I do not think I could have quit without the support of the group and the tobacco treatment specialist. The sessions leading up to “quit day” were extremely helpful to me in changing my habits and preparing myself for THE day.”

-Jodi, Commit to Quit graduate
Cessation Support Groups

On-site support groups provided in one-hour sessions. Staying Quit support groups provide Commit to Quit graduates and others who have recently quit an opportunity to continue to meet for additional support. Session topics are highly participant-driven and dependent upon group needs. Meeting frequency is negotiable.

**Number of Participants:** Minimum of 5, maximum of 15
**Cost:** $75 per session
**Reports Provided by Request:** Attendance roster

Expired Carbon Monoxide (CO) Monitoring

Carbon monoxide testing measured through utilization of an expired carbon monoxide monitor. Used to verify non-tobacco use status and/or provide individuals with a form of biofeedback related to their smoking use.

**Cost:** $25 per site visit, plus $5 per person tested
**Reports Provided by Request:** Tobacco use status

PROVEN SUCCESS

In post-program surveys, Commit to Quit participants report that the personalized, face-to-face contact with a trained tobacco treatment specialist increased their accountability and determination to succeed. They also say the Commit to Quit comprehensive education and eight-week schedule improved their ability to quit tobacco.

Graduates of Creighton’s Commit to Quit consistently beat the national average for success at quitting tobacco. Nearly 40% of those who complete the eight-week program remain tobacco free at six months post-graduation. The national average is a 27.6% success rate six months later using medication and counseling/treatment.
Health Education Presentations

One hour (or less) small- or large-group sessions discussing various health education topics. Presenters include: Creighton University health promotion and clinical staff; faculty; and graduate and professional students. Topics can be tailored to your needs. Past topics have included exercise guidelines, fitness, dietary guidelines, weight loss strategies, chronic conditions, stress management and fall prevention.

**Number of Participants:** Minimum of 5  
**Cost:** $75 flat fee  
**Reports Provided by Request:** Attendance rosters

Staff Training

Creighton University provides training on tobacco use and treatment for a wide variety of audiences. Available training programs vary in length and audience, and include curriculum for students, health educators, nurses, pharmacists and physicians. These programs can be tailored to fit just about any need.

**Number of Participants:** Minimum of 5  
**Cost:** Prices vary depending on training length, frequency and location  
**Reports Provided by Request:** Attendance rosters

LET US HELP YOU HELP YOUR EMPLOYEES—AND REDUCE YOUR HEALTHCARE AND HEALTH INSURANCE COSTS.

Call now and take the first step toward a healthier workplace  
402.280.5287
“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