

**Michigan State University
 CHANTIX Smoking Cessation Project
 January 1, 2009-December 31, 2010
 Sponsored by Human Resources, Olin Health Center, and the
 Office of the University Physician-Health4U Program**

Description

The Michigan State University (MSU) CHANTIX Smoking Cessation Project provides an evidence-based tobacco cessation program. The program combines medication assisted tobacco cessation with medical evaluation/monitoring and structured behavioral support.

Target Population(s):

The MSU CHANTIX Smoking Cessation Project target populations include MSU faculty, academic and support staff, graduate student employees and their adult benefits-eligible family members.

Project Orientation Dates

Two project orientation dates are scheduled for 2009: Wednesday January 28 and Wednesday September 16. Both orientation sessions will take place at 1:30-3:30pm in the Olin Health Center – Classroom (Room 247).

Enrollment Limits: There will be two enrollment cycles during the 2009 project. Each enrollment cycle will be limited to a maximum of 25 participants

Participant Requirements

- 1) Attend the Project Orientation Session.
- 2) Complete Enrollment by paying the Non-Refundable Basic Project Enrollment Fee
- 3) Give consent for the project staff to notify your primary care physician regarding your enrollment in the project.
- 4) Schedule your initial medical evaluation appointment. Set your Quit Date during this initial appointment.
- 5) Participate in the four required behavioral support sessions.
- 6) Schedule and participate in an initial, one, three and twelve month medical evaluation appointment.
- 7) Complete a mandatory Nicotine Status Verification testing at two months following project quit date.
- 8) Complete the three, six, and twelve month project evaluation requirements.

Total Participant Cost for the basic three month project **\$200**

Total Participant Cost Breakdown:

** Non-Refundable Basic Project Enrollment Fee payable to the Health4U Program following participation in an orientation session:	\$140
Participant co-pay for three month supply of CHANTIX payable to the Olin Health Center Pharmacy at a co-pay of \$20/month:	\$ 60
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** **Non-Refundable Basic Project Enrollment Fee** covers the following services:

Participant co-pay for initial, one, three, twelve month medical appointments	\$ 60
Participant co-pay for the four required behavioral support sessions	\$ 80
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	\$140

Registration: You must register to attend a project orientation session. You can register in person at 330 Olin Health Center, by phone at 517-353-2596 or by email at health4U@msu.edu. There is no fee to attend the project orientation session.

Enrollment: After attending the orientation session if you decide to participate in the project you will need to pay the full Non-Refundable Basic Project Enrollment Fee (\$140) by cash, check or credit card to the MSU Health4U Program prior to your initial medical evaluation appointment.

MSU CHANTIX Project Smoking Cessation Contact information: Questions regarding the project may be addressed to Nancy Allen, MSU Health4U Program Coordinator at nancy.allen@ht.msu.edu or Julie Oesterle, Administrative Assistant, MSU Health4U Program at julie.oesterle@ht.msu.edu. Nancy/Julie can also be reached at 517-353-2596.

MSU CHANTIX Smoking Cessation Project Orientation/Enrollment Cycles:

Cycle One:

Jan 1-27, 2009 Registration for January 2009 Project Orientation Session
Wed Jan 28: **Project Orientation/Quit Smoking Preparation Session
1:30-3:30pm/247 Olin Health Center (OHC)**
Jan29-Feb10: Initial Medical Evaluation Appointment 336 OHC
Participants will quit smoking by Feb 11, 2009
Feb 11: First Behavioral Support Session 1:30-3:30pm 247 OHC
Feb 25: Second Behavioral Support Session 1:30-3:30pm 247 OHC
Feb 26-Mar 10: One Month Medical Evaluation Appointment 336 OHC
March 4: Third Behavioral Support Session 1:30-3:30pm 247 OHC
March 18: Fourth Behavioral Support Session 1:30-3:30pm 247 OHC
March 26-Apr 8: Two Month Nicotine Verification Testing OHC Laboratory
Apr 23-May 7: Three Month Medical Evaluation Appointment 336 OHC
Apr 23-May 7, 2010: Twelve Month Medical Evaluation Appointment 336 OHC

Cycle Two:

Jan 1-Sept 15, 2009 Registration for September 2009 Project Orientation Session
Wed Sept 16: **Project Orientation/Quit Smoking Preparation Session
1:30-3:30pm 247 Olin Health Center (OHC)**
Sept 18-25: Initial Medical Evaluation Appointment 336 OHC
Participants will quit smoking by September 30, 2009
Sept 30: First Behavioral Support Session 1:30-3:30pm 247 OHC
Oct 14: Second Behavioral Support Session 1:30-3:30pm 247 OHC
Oct 19-30: One Month Medical Evaluation Appointment 336 OHC
Oct 21: Third Behavioral Support Session 1:30-3:30pm 247 OHC
Nov 4: Fourth Behavioral Support Session 8:30-10am 247 OHC
Nov 13-30: Two Month Nicotine Verification Testing OHC Laboratory
Dec 14-18: Three Month Medical Evaluation Appointment 336 OHC
Dec 14-17, 2010 Twelve Month Medical Evaluation Appointment 336 OHC