

New Smoking Cessation Pilot Project Offered to MSU Faculty and Staff

Want to quit smoking, but not sure you can? There is a lot of help available to you at MSU, including a new pilot program that combines the medication CHANTIX with medical evaluation and monitoring as well as structured behavioral support.

The Michigan State University CHANTIX Pilot Project is seeking MSU faculty, academic and support staff and benefits-eligible dependents to participate in this new evidence-based tobacco cessation program.

“Studies are beginning to show very promising evidence that this particular type of program is highly effective in helping people stop using tobacco products, even with people who have unsuccessfully tried to quit many times,” said University Physician Beth Alexander. “The medication involved is not a nicotine replacement, instead it works to block or reduce nicotine cravings. When combined with appropriate supportive services, this makes it easier for people to stop using addictive tobacco products.”

The CHANTIX Pilot Program is being offered through a partnership between Human Resources, Olin Health Center and the Office of the University Physician-Health4U Program. The pilot program will run for one year with a total maximum enrollment limit of 60 people. There will be three enrollment cycles, each limited to a maximum of 20 participants.

Participant Requirements include:

- 1) Attend a project orientation and quit smoking preparation session
- 2) Enroll in the pilot project
- 3) Notify your primary care physician regarding enrollment
- 4) Schedule initial medical appointment with Health4U and set your Quit Date
- 5) Participate in four required behavioral support sessions
- 6) Schedule one-, three- and twelve-month medical monitoring appointments
- 7) Complete Nicotine Status Verification testing at required intervals
- 8) Complete all project evaluation requirements

There is a \$200 cost to pilot program participants, which partially supports the cost of a three-month CHANTIX prescription, medical monitoring appointments and behavioral support sessions. Pilot program sponsoring organizations are covering the remaining costs of the program in order to allow participants to access services and supplies at a greatly reduced cost. Participants who successfully quit smoking will receive a \$25 refund at the end of the twelve-month medical monitoring and project evaluation appointment.

Pilot Project Timing

Orientation and Quit Smoking Preparation Sessions will be held for each of the three pilot program cycles on the following dates:

- February 12, 2008
- May 21, 2008
- September 8, 2008

Participants must register with the Health4U Program in advance to attend the pilot project orientation session. If you are interested in applying for the pilot program, call the Health4U Program at 517-353-2596 or send an e-mail to Health4U@msu.edu. Enrollment size is limited, so call or e-mail as soon as possible if you are interested in participating in the program.

Other Options

If you aren't interested in participating in the pilot program but still want to quit, MSU offers a variety of other programs and resources to help you through the MSU U Can Quit-We Can Help program. Visit the program Web site at www.ucanquit.msu.edu to learn about one-on-one coaching, the online QuitNet program, support groups, workshops and more or call the Health4U Program at 517-353-2596.

You can quit, the U can help!