

TOBACCO CESSATION PROGRAM



UnityPoint Health

Des Moines

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UnityPoint's Tobacco Cessation Program is an evidence-based program proven to help people reduce and quit tobacco use. The Tobacco Cessation Program is a personalized program based on CDC and current treatment guidelines, delivered by AlbumHealth. The Tobacco Cessation Program includes:

Personalized health coach support	An overall health and goals assessment
24/7 access to digital programming	Guidance and support in a quit/behavior plan
Guidance in additional health areas	Nicotine replacement recommendations

Why Quit?

- Tobacco shortens lifespan by 10-14 years
- Ceasing tobacco use can reduce related deaths by up to 90%
- Tobacco use is the #1 cause of preventable death worldwide
- Tobacco use is associated with many health conditions including cancer, stroke, heart disease, and diabetes

How It Works

- Get started using the link below on your computer or mobile device
- Complete a brief health and tobacco cessation assessment
- Begin a 10-week Tobacco Cessation Program with a personalized, evidence-based behavior plan
- Receive Health Coach support
- Continue to access cessation and health strategies for 12-months

Get Started Now

To get started, contact us at UnityPointHealth_CorporateWellness@unitypoint.org.



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