

WANT TO KICK THE HABIT?

IT'S FREE!
IT'S CONFIDENTIAL!
IT'S EASY!



T TRESTLETREE®

TRESTLETREE HAS HELPED
OVER 2,500 PARTICIPIANTS
AND THEIR FAMILY MEMBERS
QUIT SMOKING

YOUR OWN PERSONAL HEALTH
COACH WILL MEET WITH
YOU OVER THE PHONE
AT APPOINTMENTS THAT
FIT YOUR SCHEDULES



GET STARTED TODAY!

866-523-8185



TrestleTree Tobacco Cessation Program

Make this quit attempt *your last*

TrestleTree offers a unique behavior-focused solution to becoming tobacco-free program available through Pace Industries. This telephonic coaching approach allows you to develop a trusting relationship with a Health Coach and develop an individualized plan for change. Coaching sessions follow a whole-person philosophy where you will work with your Health Coach on multiple areas of your life and health (e.g. exercise, nutrition, relational, financial) to uniquely tailor the tobacco cessation program to you.

How to Enroll

Call 1-866-523-8185 and speak to a TrestleTree representative to enroll in the program.

When to Enroll

You must enroll within one month of your hire date to avoid being charged the tobacco surcharge.

What Happens in Coaching?

During your first appointment, your Health Coach will learn more about you by discussing your previous attempts to quit. Your Coach will also help you identify external influences on your health, such as your family, work, social life, etc. In subsequent appointments, you will work with your Health Coach to identify barriers to quitting, previous successes and current needs for your quit. Your Health Coach may also give you specific assignments to work on between appointments. These appointments are not scripted, but are a conversation between you and your Health Coach where goals and appropriate steps to achieve these goals are identified. Here's what you can expect from your tobacco cessation program:

- ✓ The program is individualized to you.
- ✓ You will explore ways to increase social support and ways to cope with triggers and cravings.
- ✓ You will receive written materials that can help you develop a quit plan and stay tobacco free.
- ✓ The aim is for this to be your last attempt at quitting.
- ✓ You and your Health Coach will talk about ways to stay quit. The program is individualized for you.
- ✓ If you miss more than **two** appointments, the tobacco surcharge will begin being deducted from your paycheck.

Contacting My Health Coach

- Coaching is conducted through scheduled telephone appointments Monday through Thursday between 7:00am and 9:00pm and Friday between 7:00am and 5:00pm Central Time.
- Appointments range from 15 to 30 minutes and the frequency of appointments is dependent on your individual needs.
- Your Health Coach will call you at a designated phone number at your scheduled appointment time.
- Your Health Coach has a dedicated toll-free number that you may use to contact your Health Coach between appointments or at scheduled times.



Tobacco Cessation Health Coaching Program

Make This Quit Attempt Your Last

- **What Happens in Health Coaching?**
 - You will work with your own health coach to make the right plan for you to quit using tobacco. Everything in the program will be individualized for you.
 - Explore ways to increase social support and ways to cope with triggers and cravings.
 - Receive written materials that can help you develop a plan and stay quit.
 - The goal of the coaching is to help you quit using tobacco and to help you maintain this quit long-term. The aim is for this to be your last quit attempt.
 - Use what you learned from previous quit attempts – what worked and what didn't?
 - Talk about ways to help you stay quit and not slip back into using tobacco.

- **What if I'm Not Ready?**
 - You don't have to be ready to quit using tobacco today. Even if you are just thinking about it, your Health Coach will help you get ready to quit.

- **How Much is This Going to Cost Me?**
 - TrestleTree's tobacco cessation program is free to you; it is a benefit covered by your employer.

- **What Happens if I Miss an Appointment?**
 - If you miss an appointment, you can reschedule it with your health coach.
 - If you miss *two appointments*, your employer will be notified and *you will be charged the tobacco surcharge.*

- **Who Has Access to My Information?**
 - Personal health coaching with TrestleTree is completely confidential. Your employer will not receive any personal information about you other than your name and whether or not you are enrolled in the program.

- **How Does Health Coaching Work?**
 - TrestleTree health coaching is conducted over the telephone through conveniently scheduled appointments with the same Health Coach each time.
 - Appointments will be anywhere from 15-30 minutes. How often you meet with your Health Coach depends on your individual needs.
 - TrestleTree Health Coaches are available for appointments Monday through Thursday, 7:00am to 9:00pm and Friday, 7:00am to 5:00pm – Central Standard Time.

- **What Do I Do to Enroll in the Program?**
 - Call 1-866-523-8185 to speak to an Engagement Specialist who will enroll you in the program.