



Smoking Cessation

St. Luke's Tobacco Addiction Treatment Center
641 East Broad Street
Bethlehem, PA 18017
610-954-2301

St. Luke's Tobacco Addiction Treatment Center provides individual and group counseling for those who need assistance with nicotine addiction. Those who use a variety of tobacco products will find support to overcome their addiction through this program.

The individual program will take place at the worksite or on the St. Luke's Mobile Health Star van at the worksite and will include six (6) counseling sessions. The components of the program include:

- An initial, personalized, assessment to determine a quit plan
- Counseling sessions on nicotine replacement therapy or other pharmacotherapy options
- Ways to cope with nicotine cravings
- Stress management skills
- Relapse prevention techniques with follow-up telephone counseling as needed.
- All tobacco cessation education material
- Nicotine replacement therapy products

Costs:

The cost of the program is \$700.00 per employee and includes six (6) face-to-face counseling sessions, telephone follow-up for six (6) months after the face-to-face counseling and a 12 week supply of pharmacotherapy.

If the worksite covers pharmacotherapy as part of their prescription plan coverage, the cost of the program would be \$250.00 per employee.

* The cost per employee is a fixed cost and will not be adjusted if the employee does not show for a counseling session.

* A minimum enrollment of five employees is required for on-site services.

Please contact Hollie Gibbons, Manager of Disease Prevention Initiatives for further information at 610-954-2301.