



Penrose-St.Francis Health Services / Club HIIP Smoking Cessation Incentive Program

Registration Information
Brought to you by Club HIIP & EAP
Helping you to make it a great day on 08/08/08!

Name		Demographic Information: <input type="checkbox"/> Male <input type="checkbox"/> Female
Department	<input type="checkbox"/> Employee Dept: _____ Email: _____	Age Range: <input type="checkbox"/> 18-29 <input type="checkbox"/> 30-39 <input type="checkbox"/> 40-49 <input type="checkbox"/> 50-59 <input type="checkbox"/> 60+
Work Phone		
The information you provide on this form is confidential and will not be shared outside of Club HIIP		

Please answer the following questions:

1.	How long have you been smoking?	
2.	Have you tried to quit smoking before? If so, how many times	
3.	What method did you use to quit?	
4.	What was your biggest barrier?	
5.	What do you think would help you be successful this time?	
6.	What is the best way to contact you? Home? Work? Cell? Email?	

To be eligible for the PSF Smoking Incentive Program

1. A PSF Employee who has quit smoking as of 07/01/07
2. A PSF Employee who is trying to quit smoking at the present time.

Club HIIP and EAP want to support those employees who are looking to quit smoking in preparation of when Penrose St.Francis Health Services goes tobacco free on 08/08/08. This policy is in place to help provide a healthy and safe environment for all patients, visitors and employees who are on PSF campuses.

Those Employees who participate in the Smoking Cessation Incentive Program will receive a \$50 Gift Card if tobacco smoke free and complete the requirements of completion!

Requirements to complete the Incentive Program

1. Call EAP at 634-1825 to set up a Wellness Coaching Session (3 sessions need to be completed)
2. Call Liz Berardi at 776-7393 to gain access to www.healthcalc.net/penrose
 - a. Once access has been gained, please complete the RiskCalc and Nutra Calc Assessments.
3. Call Liz Berardi at 776-7393 to meet to discuss Physical Fitness and having access to the PSF Wellness Centers & arranging a meeting with Michelle Somers, Registered Dietitian.
4. The Club HIIP staff has the right to request additional meetings to go over Physical Activity or Nutrition Consultation depending on the client’s needs and assessments.
5. Write a success story on the journey about what helped you be successful at becoming tobacco free!

Requirements	Date Completed
Called EAP 634-1825 to set up the first session of Wellness Coaching.	
1 st Session with EAP	
2 nd Session with EAP	
3 rd Session with EAP	
Completed the RiskCalc Assessment on www.healthcalc.net/penrose	
Completed the NutraCalc Assessment on www.healthcalc.net/penrose	
Called Liz Berardi at 776-7393 to set up a meeting to discuss Physical Activity and arrange a meeting with the PSF Registered Dietitian	
Physical Activity Session with Liz	
Nutrition Counseling with PSF Registered Dietitian	
Filled out 3 month check in questionnaire	
Filled out 6 month end of incentive questionnaire.	

Date that you quit smoking:	
6 month date to receive \$50	