



**PROWERS MEDICAL CENTER**  
401 KENDALL DRIVE  
LAMAR, COLORADO 81052

**Tobacco Free Campus**

**Resource / Support Information Sheet**

**The Colorado Tobacco Free Hospital Forum**

<http://www.dath.org/hospitals.html> or [www.dath.org](http://www.dath.org)

**The Colorado QuitLine**

[www.coquitline.org](http://www.coquitline.org)

1.800.QUIT.NOW - or - 1.800.784.8669

If you're ready to quit, but need someone to offer personal support and encouragement along the way, the QuitLine is for you. QuitLine is a one-on-one phone coaching service that pairs you with a trained quit coach who will help you develop a customized quit plan. We'll also provide you with tools to help you quit for good, including an eight-week supply of the patch.

***Please check with Human Resources or any PMC Tobacco Free Campus Interdisciplinary Team Member to find out where you can get your FREE "Quit Kit" or "Through With Chew Kit" to help curb those cravings for nicotine.***

**FixNixer**

[www.fixnixer.com](http://www.fixnixer.com)

So you're ready to quit, but you want to do it on your own terms? Then the FixNixer is right for you. The FixNixer is the world's only online and mobile quitting tool. It's free. It's anonymous. And it's completely customizable. Get tips and tools to prepare you, a personal QuitBlog and motivational text messages daily – the FixNixer gives you everything you need to drop your addiction in just 21 days.

**Other Websites available:**

For more information about secondhand smoke, visit [www.RaiseSmokeFreeKids.com](http://www.RaiseSmokeFreeKids.com)

**Tobacco Free Kids** – [www.tobaccofreekids.org](http://www.tobaccofreekids.org)

**United States Environmental Protection Agency** – [www.epa.gov/smokefree](http://www.epa.gov/smokefree)

[www.SmokeFreeColorado.org](http://www.SmokeFreeColorado.org)

**American Cancer Society** – [www.cancer.org](http://www.cancer.org)

The American Cancer Society provides numerous online resources to assist smokers with the motivation, knowledge and support to stop using tobacco.

**American Lung Association** – [www.lungusa.org](http://www.lungusa.org)

The American Lung Association provides education, motivation and support services, including an online support group and Freedom From Smoking Online, a free online resource that allows visitors to success tools and tips for quitting.

**American Heart Association** – [www.americanheart.org](http://www.americanheart.org)

The American Heart Association offers a variety of resources and information for providers and also offers worksheets and resources to assist smokers in cessation efforts.

**Center for Tobacco Cessation** – [www.ctcinfo.org](http://www.ctcinfo.org)

In addition to consumer resources, this site, sponsored by the American Cancer Society and the Robert Wood Johnson Foundation, provides policy, research specific actions and resources for clinicians, employers, policymakers and health care provider organizations to assist in tobacco cessation programs.

**National Cancer Institute** – [www.smokefree.gov](http://www.smokefree.gov)

**Nicotine Anonymous** – [www.nicotineanonymous.org](http://www.nicotineanonymous.org)

This program is modeled after the 12-step Alcoholics Anonymous program and includes 12 steps to achieve abstinence from nicotine. The program primarily focuses on establishing fellowship meetings. There are instructions for establishing a meeting and fellowship group.

**WebMD Health** – [www.webmd.com](http://www.webmd.com)

This Web site provides consumer-oriented tools and articles to assist with quitting tobacco use.

**Other Support being offered:**

**Nicotine Replacement Products**

*Scrip World* – Prescription Drug Company associated with the existing PMC Group Health Insurance Plan  
1.800.830.2310

[www.scripworld.com](http://www.scripworld.com)

Specifics of the Smoking Cessation Drug Therapy program are available in the PMC Human Resources Department. Products available along with their applicable dosage, duration, adverse effects, and approximate costs will be provided.

**Smoking Cessation Classes**

*Drug Free Communities* – Contact Lillian Norman @ 719-336-2600

*High Plains Community Health Center* – Contact Lisa Thomas @ 719-336-0261

**PMC Team Member Nicotine Replacement Program**

For each Prowers Medical Center Team Member who is choosing to quit using tobacco products all together or for those who just need some help in getting through their designated work shift, a program has been developed specifically to assist you with your efforts.

PMC Team Members will be entitled to primary care wellness visits related to tobacco free cessation as specified below:

1. The PMC Team Member should schedule their three (3) *FREE* wellness visits through our PMC Rural Health Clinic with either:
  - Eldonna Mosier, NP
  - Gary Peterson, NP
2. The initial visit will be for a consult with the provider to develop an appropriate Tobacco Free Cessation Plan specific to the individual. Please be prepared to show them your PMC Identification Badge.
3. A *FREE* 30-day supply of OTC nicotine replacement products, i.e. patches, gum, or lozenges, will be provided.
4. The PMC Team Member should then schedule two (2) subsequent visits with the provider at which time they will receive an additional 30-day supply (per visit) of OTC nicotine replacement products for *FREE*.
5. The nicotine replacement product program is available for a 3 month or 90 day supply only.
6. The PMC providers noted above (item 1) are the only providers who qualify for the PMC Cessation Program. If you choose another provider to assist your efforts, you will be billed through your health insurance plan benefits.

**Access to Exercise Facilities:**

*Lamar Community Building* – Pass cards are available for purchase in the PMC Human Resources Department. PMC Team Members can purchase a 20 punch pass card for \$27.00. The normal cost of the card is \$40.00 if purchased at the Lamar Community Building.

*Lamar Community College Fitness Center* – PMC Team Members can purchase a six (6) months LCC Fitness Center Membership for the price of four (4) months. Your cost for a new membership is \$130.35 – Renewal is \$117.35.

**Nutrition Counseling** – Barbara Gamble, PMC Registered Dietitian, is willing and available to conduct one-on-one counseling to assist PMC Team Members with Healthy Eating Tips for weight control and eating sensibly.

**PMC Exercise Programs:**

*Reward & Recognition Team* – This Service Excellence Team is developing a Pedometer Program to encourage wellness and an opportunity to “get fit” amongst the PMC staff. This “Healthy Tips” program will be focusing on tips related to stress, weight gain, eating habits, exercise, etc. to assist our PMC Team Members as we work through the transition to a Tobacco Free Campus. Keep your eyes and ears open for more information.

*Nia Classes* – offered by Jeannie Cooper, PMC Occupational Therapist

Nia is a combination of the martial arts, healing arts and dance arts. Nia is done barefoot to music and delivers cardiovascular and whole body conditioning. It improves your flexibility, stability, coordination, balance and mental focus. A Nia class is currently being offered at the Lamar Community Building on Tuesday evenings at 6 p.m. Jeannie would like to offer classes for PMC Team Members if there is enough interest expressed.

**Availability of Gum / Lollipops throughout the hospital**

**Availability of a Variety of Puzzle Books throughout the hospital**