

2025 Commit to Quit Nicotine Cessation Program

including all e-cigarette and tobacco use

This program is offered to employees, spouses, and their dependents (over the age of 18) covered by the BCC health insurance plan.

The program offers you:

- ◆ 100% reimbursement for cessation products (prescriptions, patches, lozenges, over-the-counter gums)
- ◆ FREE MedCenter smoking cessation medical monitoring appointments: initial visit and smoking cessation medicine follow-up.

**This tobacco cessation program meets the
Invest in Your Health premium-cost share qualifier for
2025 qualifying spouses and upgrading employees.**

Follow these steps for program enrollment:

Step 1: Initial MedCenter Appointment
Main Campus: 252-4257
North MedCenter: 315-7111

Step 2: Attend 6 weekly 1-hr classes, offered as a series.
You must re-start the program if you miss a class.
Register at <http://colliergov.gosignmeup.com>

Step 3: Repeat blood cotinine test **between July 14th—Sep 30th** at an employee MedCenter upon program completion. Call the MedCenter to schedule a blood draw appointment.

A Certificate of Completion will be issued to the Health Advocate office after Wellness receives repeat cotinine results from the MedCenter.

Weekday	Dates	Time	Location	Address
Fridays	Nov 1, 8, 15, 22, Dec 6, 13	5:30-6:30pm	North Collier Government Services Center	2335 Orange Blossom Dr
Fridays	Mar 7, 14, 21, 28, Apr 4, 11	5:30-6:30pm	Main CCG Campus, Risk Management	3311 Tamiami Trail E
Thursdays	Apr 17, 24, May 1, 8, 15, 22	5:30-6:30pm	North Collier Government Services Center	2335 Orange Blossom Dr
Fridays	May 23, 30, Jun 6, 13, 20, 27	5:30-6:30pm	Main CCG Campus, Risk Management	3311 Tamiami Trail E
Thursdays	Jul 10, 17, 24, 31, Aug 7, 14	5:30-6:30pm	North Collier Government Services Center	2335 Orange Blossom Dr
Fridays	Aug 8, 15, 22, 29, Sep 5, 12	5:30-6:30pm	Main CCG Campus, Risk Management	3311 Tamiami Trail E