



Quit Kit for Faculty and Staff



Health*Matters is pleased to send faculty and staff who are trying to quit smoking, a free Stop Smoking Quit Kit. Your kit contains a small supply of goodies to keep your hands, mind and mouth busy while you are coping with quitting. The Quit Kit also includes brochures and resources to aid you during your quitting process. Please take less than a minute to answer these questions to help us improve the services we provide. Your answers will be kept confidential Health*Matters wishes you success in your effort to stop smoking for good.

1. Are you working with your doctor to stop smoking, or are you planning to? Y N

2. Are you working with your health plan’s smoking cessation programs, or are you planning to?

Kaiser

- Healthmedia Breathe® online program
- Freedom from Tobacco workshop.
- Individual counseling.
- Healthphone - free telephone info with pre-recorded messages.

HealthNet

- Stop Smoking - free online program.
- Free & Clear® - telephone program providing personalized support from a professional counselor
- Online links to Quitnet® - free, national online smoking cessation program.

Blue Cross

- The Last Cigarette (TLC) Quit Kit - free kit providing info and record-keeping tools.
- Living Free - Online 3-5 week program.

Not planning to use these programs

3. Please check the type of behavior-change smoking cessation program(s) you plan to use:

- Online program (such as QuitNet.com)
- California Smoker’s Telephone Helpline
- Smoking cessation class offered locally
- Self-Help materials

- Smoking Cessation Program offered by my health plan
- Individual counseling
- Other _____

4. Please check any of these stop-smoking aids you plan to use:

- Nicotine patch (over the counter)
- Nicotine gum (over the counter)
- Nicotine Nasal Spray (prescription)

- Nicotine Inhaler (prescription)
- Zyban or Wellbutrin (prescription)
- Other _____

I am requesting this Quit Kit for :

- myself (UCB faculty/staff)
- one of my children
- my partner
- other

I would like Health*Matters to follow-up with me at 3, 6, and 12 month intervals to check on my smoke-free status.

Name	Campus mail code
Campus address	Campus email

Thank you for taking the time to fill out this survey. Your input will help us improve our program and our ability to help you and others to stop smoking for good. Your kit will be mailed confidentially via campus mail.



Health*Matters is the wellness program for faculty and staff with campus partners including: Office of Environment, Health & Safety, Human Resources: Benefits/Health Care Facilitator Program, Physical Education Program, Recreational Sports, UC Police: Office of Emergency Preparedness, and University Health Services: CARE Services, Ergonomics@Work, Occupational Health Clinic, Work/Life Program, and Disability Management Services.