



LIFESTYLE EAP
Wellness at Work



Tobacco Cessation Counseling

Did you know you can utilize your Lifestyle EAP counseling session to help you stop smoking?

Lifestyle EAP offers employees and their family members the opportunity to see experienced clinicians for assessment and face-to-face or virtual short-term solution focused counseling sessions around tobacco cessation. When long-term treatment is indicated, appropriate referrals are provided.

Lifestyle EAP clinicians will work with you to:

- Develop smoking cessation goals
- Gauge your readiness to change
- Encourage you throughout your journey

Lifestyle EAP Services are free, confidential & available to both employees and their family members.

Contact us today at 1-800-989-3277 or www.lifestyleeap.com