RESOURCES FOR UK FACULTY AND STAFF AND THEIR SPOUSES OR SPONSORED DEPENDENTS

*Nicotine replacement therapy, patches and/or gum, will be provided at NO COST to those enrolled in and who are actively participating in one of the noted programs.

UK Health and Wellness Program**
BeHIP: Tobacco Cessation
www.uky.edu/HR/wellness/behipoverview.html
1-800-926-5455
BeHIP: Tobacco Cessation is a telephone-based behavior modification program that allows you to work toward becoming tobacco free at your own pace with the help of your own Personal Health Coach and nicotine replacement products. All sessions are conducted over the phone at an appointment time convenient for you.

UK Tobacco Treatment Specialist – BeQUIT Tobacco Cessation**
Contact Audrey Darville, ARNP, CTTS, at audrey.darville@uky.edu or 859-323-4222 to register. Individual counseling sessions are also available through the Internal Medicine Clinic. Call 323-0303 to schedule an appointment.

Provides intensive counseling and treatment for tobacco use for UK HealthCare inpatients, outpatients and employees of the University of Kentucky. Individual and group counseling is available. This service is part of UK HealthCare but also connected to the Tobacco Policy Research Program in the UK College of Nursing.

UK Work + Life Connections
155 Seaton Center
(859) 257-9433
This office offers assessments, brief counseling, education and referral to UK employees. Visits are limited to 5 times per year.
www.uky.edu/HR/WLC

UK Prescription Benefit Coverage of Tobacco Cessation
www.uky.edu/HR/benefits/prescription_new.html

OFF CAMPUS RESOURCES AVAILABLE FOR THE GENERAL PUBLIC
Kentucky’s Tobacco QuitLine
One-on-one counseling 9 a.m. - 9 p.m.
1-800-Quit Now (1-800-784-8669)

Kentucky Clinic Pharmacy
Counseling, Nicotine Replacement Therapy, Educational Materials
(859) 323-5855
www.hosp.uky.edu/pharmacy/outpatientpharmacy.html (click “Ask a Pharmacist”)

Lexington-Fayette County Health Dept.
Adult and Youth Tobacco Cessation Programs
www.lexingtonhealthdepartment.org/template.asp?bid=14&cid=15&cid=16&cid=149
(859) 288-2327

National Cancer Institute’s Quitline
Tobacco counseling in English and Spanish
www.cancer.gov/cancertopics/smoking
1-877-44U-QUIT

Kentucky Cancer Program
Cooper/Clayton Method to Stop Smoking
Available in 120 Kentucky counties
Toll free 1-866-495-9888
www.kcp.uky.edu/cc_classesnew.html

MedlinePlus®
Tobacco Cessation References
www.nlm.nih.gov/medlineplus/stopsmoking.html

Become an Ex
The EX plan teaches you how to re-learn life without cigarettes in 3 steps - all geared to help make the seemingly impossible possible.
www.becomeanex.org

GETQUIT Support Plan
www.chantix.com and www.get-quit.com
1-877-CHANTIX
Information sponsored by Pfizer describing the drug ChantixTM and a free support program including a step-by-step guide.

FOR MORE INFORMATION
Brochures outlining the policy, including boundaries of the tobacco-free zone, are available at the UK Visitor Center and in literature racks throughout our facilities.

Additional information about UK’s tobacco-free campus is available at www.uky.edu/tobaccofree