



March 9, 2017

TO: Superintendent and Key Contacts of Selected SISC III Member Districts

FROM: John Stenerson, Deputy Executive Officer

SUBJECT: SISC Employee Assistance Program (EAP) – Tobacco Free

The SISC medical plans provide an **Employee Assistance Program (EAP)**. As part of the 2017 SISC EAP communication campaign, we are featuring a different EAP service each month. March's featured service is **Tobacco Free**. The attached flyer provides more information.

Focusing on tobacco free, the SISC EAP provides these features:

- ✓ Members are matched up with a coach specially trained to help with smoking cessation. The coach provides guidance, support, and encouragement.
- ✓ Coaches are available by telephone or instant messaging (IM). They will help members identify triggers for tobacco use and prepare a customized action plan.
- ✓ At the same time, members will get help managing their weight and meeting their personal fitness goals. The coach will use positive motivation to help members live better and gain control of their health.

Want to kick the habit for good?

Check out Employee Assistance Program's Live Tobacco Free program.

No matter how long you've used tobacco, Employee Assistance Program's Live Tobacco Free program can help. The program offers a powerful blend of online support and one-on-one coaching. Together they can help break your tobacco habit for good.

Online support that will help you quit

The online program gives you the power to help you reach your goals. During 10 interactive sessions, you'll learn positive strategies to help break your emotional and physical ties to tobacco. You'll also get tips for dealing with the stress that may come with your efforts.

Connect with a coach by phone or IM

In the Live Tobacco Free program, you'll work with a coach specially trained to help you stop using tobacco. Your coach will help guide you, support you and cheer you on to a healthier life.

You'll connect with a coach by telephone or instant messaging (IM). Your coach will help you target why and when you use tobacco. At the same time, you'll get help managing your weight and meeting personal fitness goals. Your coach will use positive motivation to help you live better and gain control of your health.

Isn't it time to take charge of your health? If you're ready, Employee Assistance Program can help. Call Employee Assistance Program at 800-999-7222 now. You can also log on to our website: anthemEAP.com; login ID: SISC.

Like all Employee Assistance Program programs, Live Tobacco Free is available to you and members of your household at no extra cost.

Here's how to reach us:

Toll-free: 800-999-7222

Website: anthemEAP.com

Login ID: SISC



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