

**LOWER
Cancer Risk**

For Employees and Spouses

**BREATHE
Better**

**Improve your
Oral Health**

IPSC's Staywell
Tobacco Cessation Initiative
3rd Quarter 2017 (July-Sept)

**Improve your
well-being**

Option 1: Earn gift cards as you quit—one day at a time, one week at a time, one month at a time.

LIVE LONGER!

Option 2: Maintenance – Earn more gift cards monthly for continuing to quit.

Talk to Brian Coles for details.

TOBACCO CESSATION CHART

Name: _____

July	Days	Weekly Total	Running Total Days	August	Days	Weekly Total	Running Total Days	September	Days	Weekly Total	Running Total Days
Week 1				Week 5				Week 9			
Week 2				Week 6				Week 10			
Week 3				Week 7				Week 11			
Week 4				Week 8				Week 12			
Month Result				Month Result				Month Result			