

In 2004, the Surgeon General reported, "Smoking harms nearly every organ of the body, causing many diseases and reducing the health of smokers in general." Approximately, 10% of City of Racine employees continue to smoke (based on data from the Gordian Health Risk Appraisal and this does not include spouses). According to recent studies people that smoke have 20% higher annual health plan costs.

Because smoking impacts the health of employees and increases the cost of health insurance, the Wellness Committee makes the following recommendation for 2008 Smoking Cessation Program.

1. Employees and their spouse who have the City of Racine health insurance may voluntarily participate once in the 2008 Smoking Cessation Program. This will include medication and support from the County & City Health Center
2. Support Services include:
  - Initial assessment with the Nurse Practitioner, 2 week, 4 week and 8 week follow up appointments.
3. Medications (prescribed) from Wheaton Franciscan Pharmacy
  - Zyban: 12 weeks, employee copay \$10/month, City of Racine approximately \$80/month
  - Chantix: 12 weeks, employee copay \$50/month, City of Racine approximately \$70/month
3. Medication/aides (not prescribed) from Wheaton Franciscan Pharmacy
  - Nicotine patches: 10 weeks
  - Nicotine gum: 6 boxes

We suggest this program begin as soon as possible and continue through 2008.