



# CareHere!®

## **Beat the Pack • Kick the Can** **Tobacco Cessation Program**

**CareHere partners with Rutherford County Government to provide a Tobacco Cessation program available to active employees and their spouses covered by the county's health insurance. The County will pay the majority of the cost for participants. The employee will pay the remaining \$150.00. This amount can be payroll deducted in (3) \$50.00 payments.**

The most effective way to quit tobacco is by combining four components of support.

The program includes:

- An 8-week group workshop
- Support from the CareHere Health Coach
  - CareHere Provider Support
- Chantix for three months, if the provider and the patient feel it is an appropriate choice for them

**The workshop will be held on:  
Thursday, April 7th • 4:45–6:15pm  
and every Thursday at the same time for 8 weeks  
at the Blackman Clinic  
586 Fortress Blvd • Murfreesboro, TN 37167**

Please go to [www.carehere.com](http://www.carehere.com) to register and log on with your user name and password. Click on Wellness Registration (Jan-Mar) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done. You may also call 877-423-1330 to register.

Please contact CareHere Health Coach Rhonda Livers at [rlivers@carehere.com](mailto:rlivers@carehere.com) or call 866-6403 or toll free (877) 866-6430 ext. 6403