



AMERICAN Wellness

Tobacco Free Program FAQ

Who is eligible for the Tobacco Free program?

Active employees and spouses of AMERICAN Cast Iron Pipe Company are eligible for the Tobacco Free program.

What is the Tobacco Free program?

The Tobacco Free program is a program designed to assist you in quitting tobacco. Through meetings with a Wellness Coach and the option to receive quit aids at no cost to you, your chance of successfully quitting and staying quit are increased.

What does the Tobacco Free program consist of?

The program consists of 5 sessions lasting 30-45 minutes each. These sessions are led by an AMERICAN Wellness Coach and can be held as small groups or individually. The sessions assist you in choosing your quit method, preparing for your quit day, coping with withdrawal symptoms, learning how to live without tobacco and long term maintenance.

When and where is the Tobacco Free program offered?

The class is offered on Tobacco Free Tuesdays (monthly) or as your schedule allows in the Eagan Center for Wellness. Employees may attend up to 4 hours of classes on company time. (With their manager's prior approval).

What are the Quit Aids and how do I obtain them at no cost?

The quit aids that are approved for participants of the Tobacco Free program are:

Prescription Medications:

- Zyban (Generic: Wellbutrin)

Over the Counter Products:

- Nicotine Replacement Gum
- Nicotine Patches
- Nicotine Inhaler

After the first session, you are approved to fill your prescription free of charge or submit your receipts for reimbursement of the over-the-counter quit aids (up to \$400 per year).

How do I get started with the Tobacco Free Program?

To register for the Tobacco Free program, call the Eagan Center for Wellness at 205-307-2745 or email wcenter@american-usa.com.