



## Support Employees by Connecting Them to the QuitLink

**Studies show tobacco-free workplace policies support employees to quit. Increase success rates by connecting employees to [TheQuitLink.com](https://www.thequitlink.com).**

### Why it matters:

- Overall, employees who do not smoke take fewer sick days. Those who use tobacco miss an average of 6.2 days per year as a result of illness, whereas non-smokers only miss an average of 3.9 days.
- Almost 70% of smokers want to quit. Your workplace can help by connecting them to proven resources.
- Tobacco users who want to quit may have more of a reason to do so when your organization goes tobacco-free.
- A tobacco-free environment helps create a safer, healthier workplace for everyone.
- Those who use tobacco, along with managers and HR, may appreciate a clear company policy about tobacco use at work.

# THEQUITLINK.COM

## How it can help:

- Maine residents can receive free, non-judgmental, evidence-based tobacco treatment.
- When ready, Quit Coaches will assist in setting a quit date and making a personalized plan.
- Participants may be eligible for medications (patches, gum and lozenges).
- Tobacco users are 2-3 times more likely to quit with the QuitLink services than quitting on their own.



**Free and confidential support is available by visiting [TheQuitLink.com](https://www.thequitlink.com) or by calling 1-800-207-1230.**



**MAINE  
PREVENTION  
SERVICES**

Maine Center for Disease Control & Prevention  
Department of Health and Human Services