



Support Employees by Connecting Them to the Maine QuitLink

Studies show tobacco-free workplace policies support employees to quit. Increase success rates by connecting employees to tobacco treatment.

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.



How it can help:

- Maine residents can receive free, non-judgmental, evidence-based tobacco treatment.
- When ready, individuals can connect with a Quit Coach or access web-based services to make a personalized plan.
- Participants may be eligible for free medications (patches, gum and lozenges).
- Tobacco users are 2-3 times more likely to successfully quit with the Maine QuitLink than on their own.



Free and confidential support is available by visiting MaineQuitLink.com or by calling 1-800-QUIT-NOW.



**MAINE
PREVENTION
SERVICES**

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