

## **Additional Tobacco Cessation Resources**

- **1-800-QUIT-NOW**
- **projectfilter.org**
- **MyLastDip.com**
- **KilltheCan.org**
- **Smokefree.gov**
- **Gritman.org**

## **Smartphone Apps**

- **CSI QuitPal**
- **QuitGuide**
- **Smokefree Teen QuitSTART**

## *About Us:*

The mission of **Human Resources** is to partner with the **University of Idaho** community throughout the state to proactively support, collaborate and cultivate a diverse work environment that attracts, retains and inspires excellence.

## Human Resources Contact Information & Office Location

415 West 6<sup>th</sup> Street  
875 Perimeter Drive MS 4332  
Moscow, ID 83844-4332  
Phone: (208) 885-3609

## Are you a Faculty or Staff Member Interested in Quitting Tobacco?

Free and local classes for tobacco cessation are available to University of Idaho faculty and staff.  
*See inside for details.*

# **University of Idaho**



### UI Prescription Drug Plan Coverage

University of Idaho employees are eligible for free nicotine replacement therapy. Products are covered under prescription plans. Employees can obtain a prescription from their doctor and take it to be filled at a pharmacy. Generic medications are also covered.

### UI Employee Assistance Program

Provides information and support on tobacco cessation. Call (800) 999-1077 or go online to [EAPHelpLink.com](http://EAPHelpLink.com) and enter code UI1.

## Free & Local Classes Available Near You:

### **Moscow**

Freshstart – American Cancer Society. Email [emilyt@uidaho.edu](mailto:emilyt@uidaho.edu) to register. Classes are offered on campus through the Student Health Center.

Gritman Medical Center – call (208) 883-6236 to make an appointment.

### **Boise**

Central District Health Department Public Health District IV – call (208) 327-8543. Classes available in Boise, Garden City, McCall, Meridian & Mountain Home.

### **Coeur d'Alene**

Panhandle Health District – call (208) 415-5143 to register.

### **Idaho Falls**

Eastern Idaho Public Health District VII – call (208) 533-3149 to register.

Initiated by a student-led project, the University of Idaho is proud to be a tobacco-free campus. A tobacco-free campus will provide a healthier and cleaner atmosphere for our university family.

Through this tobacco-free campus policy, the University of Idaho joins more than 1,400 other campuses across the U.S. that are smoke-free. Of those, more than 1,100 are tobacco-free. We are proud to join our peers with this destination.

# **Tobacco- FREE**