



Tobacco Cessation Behavior Change at JSC

[Get points in
the Rewards
Program!](#)



www.explorationwellness.com

- Tobacco Cessation resources are provided by the Employee Assistance Program (EAP).
 - ❖ Contact EAP at 281-483-6130, [Email EAP](#)



- Online Tobacco Cessation Info & Activities
 - ❖ Learn to quit on line with the Mayo Clinic



- [My Smoke-Free Future](#)
- Getting ready to quit and staying quit
- Register at the Mayo Clinic website to participate on line
 - Registration Unique ID: *healthiernasa*

- Texas & Federal Tobacco Cessation resources
 - <http://www.yesquit.com/>; Texas Quit line: 877-YESQUIT (937-7848)
 - <http://www.smokefree.gov/>
- Department of Defense
 - <http://www.ucanquit2.org/facts/gaso/default.aspx>

