
SMOKING CESSATION

Program Overview

The BMC Tobacco Treatment Center offers a free and confidential smoking cessation program for employees. The program takes an individualized approach with a Tobacco Treatment Specialist who will work with you, 1-on-1, to create a personalized quit plan. The coaching sessions will be scheduled at a time and place (virtual or any place on the BMC campus) that's convenient to you. At these sessions you can address any questions or concerns that may arise for you throughout your tobacco free journey.

Upon enrolling in the program you will receive a free carbon monoxide (CO) monitor that will allow you to regularly check your CO levels. CO levels are checked twice daily for the first month, daily for the second month, and weekly during the third month. You can earn up to \$300 at the end of the 3rd month for remaining tobacco free. Participants in the program are also eligible for free nicotine replacement products from the BMC pharmacies.

Eligibility

All employees

How to get started

Call the Tobacco Treatment Center at 617.638.7665 to schedule a session to create your quit plan.

Questions

If you need assistance, please call 617.638.7665.

Let us know what you think!

If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at benefits@bmc.org.