



## **Tobacco-Free Campus Announcement**

February 14, 2011

To the UT Southwestern Community:

Out of concern for the health and safety of patients, visitors, and employees, the University Hospitals and Clinics announced recently that they will become tobacco-free as of today, February 14, 2011.

I am writing to announce that the entire UT Southwestern campus will become a tobacco-free environment as of July 1, 2011. On that date, all designated on-campus smoking areas will be eliminated.

I understand that this total ban on the use of tobacco will pose a hardship for some, but after considerable discussion with many on campus, feel that given everything we now know about the harmful health effects of tobacco and secondary smoke, as a Medical Center, it is essential for us to take this step.

Understanding the challenge this will pose to those who are accustomed to using the designated smoking areas, we are deliberately making this announcement now, with the effective date several months in the future.

I hope that those members of our campus community who currently use tobacco products will take advantage of these next months as a time to change their habits. There are many programs and resources available through health insurance, the American Cancer Society, and the U.S. Department of Health and Human Services. In addition, all UT Southwestern employees, retirees, and dependents are eligible to participate in the Tobacco Cessation Benefits program, which provides up to eight weeks of free Nicotine Replacement Therapy in conjunction with free counseling.

A complete list of programs and resources is attached to this message. If you have any questions about tobacco-free programs, please contact Human Resources at 214-648-9830. There will also be further attention to tobacco-free information and resources in the period ahead through posters and other campus communication vehicles, such as Campus Updates, Center Times, and My UTSouthwestern.

I hope that all members of the UT Southwestern community will support and encourage colleagues who decide to take on the commitment of moving to a tobacco-free life.

We will all benefit from taking this final step in July to make UT Southwestern a tobacco-free and therefore healthier environment for students, faculty, staff, patients, and visitors.

Thank you for your support and cooperation.

Daniel K. Podolsky, M.D.  
President, UT Southwestern Medical Center

## Tobacco-Free Resources

### **Texas Tobacco Quitline** (Available to All Employees)

The Tobacco Prevention and Control Program is partnering with The University of Texas System Institutions to provide a Tobacco Cessation Program option for all UT System employees, retirees and dependents.

This new Tobacco Cessation Benefits program provides up to eight weeks of free Nicotine Replacement Therapy (NRT), such as the patch, gum or lozenges in conjunction with free telephonic Quitline counseling. Simply call the Quitline at 1-877-YES-QUIT and identify yourself as a UT System employee, retiree or dependent. The free NRT is available through December 2011, however, the Quitline counseling services will continue to be available past this date.

### **Living Well Health Manager** (Available to UT Select Insurance Members)

The Living Well Health Manager Smoking Cessation Lifestyle Improvement program includes practical tips and information for planning and achieving a successful quit attempt. You'll also find journaling activities to help identify personal obstacles, plan ways to overcome them and record successes.

To enroll:

1. Visit <http://www.webmdhealth.com/ut/> and login.
2. Click on "Living Healthy" from the top banner.
3. Select "Smoking Cessation Program" from the drop-down menu.

### **Quit Tobacco Support Program** (Available to UT Select Insurance Members)

UT SELECT offers a quit program that can help members who are ready to take steps toward this major lifestyle change. Tools include:

- *Ask a Life Coach* to get support and answers to your smoking-related questions.
- *My Charts* to track your progress along the way.
- *Wellness Tools* for more detailed information about your success.

To enroll:

1. Visit <http://bcbstx.com/ut/> and login to Blue Access.
2. Select Personal Health Manager.
3. Click on *Ask a Life Coach*, *My Charts* and/or *Wellness Tools*.

### **Supplemental Programs**

**UT SELECT** offers coverage for any smoking cessation prescription drug products including, but not limited to, nicotine gum and nicotine patches, except as may be provided under the Prescription Drug Program. See the UT SELECT Health Plan Guide, pages 9 and 12.

**Use UT FLEX** for Smoking Cessation Programs "Medical Expense Reimbursement."

Visit <http://www.utflex.com>.

**U.S. Department of Health and Human Services** <http://www.surgeongeneral.gov/tobacco/>  
**American Cancer Society** [Guide to Quitting Smoking](#)