



# SAFETY TALK

## SMOKING CESSATION & TOBACCO USE

### PEI SMOKING CESSATION PROGRAM

The PEI Smoking Cessation Program helps PEI residents who wish to stop smoking or using other tobacco products by: covering 100% of the cost of nicotine replacement therapy (NRT) products (i.e., nicotine gum, lozenges, patches, and inhaler) and specific



### GETTING STARTED

- \* Make an appointment with a nurse at your nearest Primary Care Network office to discuss your readiness to quit smoking.
- \* At your appointment, a nurse will go over the program intake form with you. The intake lays out a Cessation Action Plan, which describes the recommended treatment to help you quit.
- \* You will take the Cessation Action Plan (and a prescription if required) to your local pharmacy to pick up your products.

*\*For more information and resources please visit the Helpful Links\**

### HELPFUL LINKS

#### Smoking Cessation - Government of Prince Edward Island:

[https://www.princeedwardisland.ca/sites/default/files/publications/livewell\\_smokingcessation\\_booklet\\_final\\_eng.pdf](https://www.princeedwardisland.ca/sites/default/files/publications/livewell_smokingcessation_booklet_final_eng.pdf)

<https://www.princeedwardisland.ca/en/information/health-and-wellness/smoking-cessation>

**Smoker's Helpline:** Call 1-877-513-5333 or visit [smokershelpline.ca](http://smokershelpline.ca)

*Safety is everyone's responsibility!*

DATE: \_\_\_\_\_  
FACILITY: \_\_\_\_\_

SAFETY TALK LEAD BY: \_\_\_\_\_  
DEPARTMENT: \_\_\_\_\_

## DISCUSSION QUESTIONS:

Do I have to pay to use the PEI smoking cessation program?

Are there health benefits to quitting smoking? Are they immediate?

What resources are available to quit smoking?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email [healthpeihr@ihis.org](mailto:healthpeihr@ihis.org).

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>