



March 9, 2017

TO: Superintendent and Key Contacts of Selected SISC III Member Districts

FROM: John Stenerson, Deputy Executive Officer

SUBJECT: SISC Employee Assistance Program (EAP) – Tobacco Free

The SISC medical plans provide an **Employee Assistance Program (EAP)**. As part of the 2017 SISC EAP communication campaign, we are featuring a different EAP service each month. March's featured service is **Tobacco Free**. The attached flyer provides more information.

Focusing on tobacco free, the SISC EAP provides these features:

- ✓ Members are matched up with a coach specially trained to help with smoking cessation. The coach provides guidance, support, and encouragement.
- ✓ Coaches are available by telephone or instant messaging (IM). They will help members identify triggers for tobacco use and prepare a customized action plan.
- ✓ At the same time, members will get help managing their weight and meeting their personal fitness goals. The coach will use positive motivation to help members live better and gain control of their health.