

SMOKE-FREE

Programs are available to assist you

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Starting in January 2018, BC Ferries will be offering smoke-free environments to our passengers and employees. Many of you may recall smoking in public places, smoking on the back of an airplane or even smoking on the ferry. Smoking was more commonplace in decades previous and employees often smoked just to get a break. The thinking was that if you didn't smoke, you didn't get a break, therefore smoking became the norm in many workplaces. Times have changed, and these days, a pack of cigarettes can cost between \$10-\$15 and you can hardly smoke anywhere. For 85% of the population, these upcoming changes won't mean much difference in their daily lives, but to others who smoke, this could affect them a great deal. BC Ferries is committed to the Health and Wellness of our employees and customers and realize that this may be a challenge for some. For those of you who do smoke, please know that there is support and you are not alone. These are some of the programs available to help you move forward:

- Employees covered under Great-West Life extended health and medical benefits can access their "Quittin' Time" program, which provides six months of reimbursement for quit smoking products, seven phone counselling visits, and a 14-week service with motivational texts and helpful tips. *For more information call 1-877-455-2233. To access the texting service text "QUITTIME" to 654321.*
- Employees covered under the SunLife benefits plan are eligible for reimbursement for some programs, treatments and medications, or nicotine replacement products prescribed by a physician. *For more information call SunLife at 1-800-361-6212.*
- The B.C. Smoking Cessation Program helps B.C. residents by covering 100 per cent of the cost of nicotine replacement therapy products (nicotine gum, lozenges, patches, inhaler) or contributing to the cost of specific smoking cessation prescription drugs for a period of 12 weeks. *To gain access, please visit any local pharmacy or www2.gov.bc.ca for details.*
- BC Ferries will offer additional financial support with the introduction of a new \$200 reimbursement for quit-smoking products.

**BC Ferries is committed to the Health and Wellness
of our employees and our customers.**

- QuitNow.ca provides access to extensive network of support services and local "Quit Smoking" campaigns. *Please visit www.quitnow.ca for more information.*
- Our Employee Assistance Programs (EAP), provided by Lifeworks and Homewood Health offer additional programs with structured curriculum, support services, and counselling. *BCF Intranet > Benefits, Health > EAP (BU or Exempt)*
- Use SPROUT to create a private or open support group, share stories of success and challenges along the way, post links to resources to help users on their journey to becoming smoke-free and track progress by using "Reduce Smoking" activity in the Sprout activity tracker to earn points and prizes! *BCF Intranet > Benefits, Health > Sprout*

For more information on any of these programs including the \$200 reimbursement fund, contact your local Employee Relations Department or contact the above benefit providers.

Remember you are not in this alone as BC Ferries moves closer to a healthier environment for all.

Sincerely,
The Health and Wellness Team