



Tobacco Cessation

The League's Health Benefits Trust is here for our members. We partner with supplemental wellness education programs that improve employees' health by providing practical tips and information that actually work. We carefully research our partners to make sure they have the success rates and evidence to back up their claims.

The Health Benefits Trust's tobacco cessation partner, TrestleTree, utilizes Health Coaches to develop a highly individualized plan to stop using tobacco. This uniquely personalized approach increases the likelihood of long-term success and does not require participants to be "ready" to quit using tobacco when they enter the program. Whether it is to make the decision to quit, develop a quit plan, or working to stay smoke-free, TrestleTree Coaches tailor the coaching with participants based on their unique needs and readiness to change.

- Incorporate learning from previous quit attempts
- Understand the unique motivations and barriers of each individual
- Aim to increase social support and coping strategies for triggers and cravings
- Include relapse prevention techniques
- Rigorous clinical review process of referrals for NRT or tobacco cessation helper medications by an internal pharmacy team
- Ability to serve as a Prior Authorization agent
- "Whole health" approach (e.g., increase exercise, change poor food habits, handle stress)

For more information about enrolling in TrestleTree, contact the League's Health Benefits Trust at (919) 715-4000 or visit <http://enroll.trestletree.com/> (Passcode: NCLM).