



# Tobacco Cessation Program Request for Consideration



Associates may earn \$50 in CNO wellness incentives each year for the successful completion of a CNO-approved tobacco cessation program. CNO-approved tobacco cessation programs include:

- *Quit Now* – call 1-800– QUIT NOW to enroll.
- *Cigna Smoking Cessation Program* – call 855.246.1873 or go to [www.myCigna.com](http://www.myCigna.com) to enroll

To earn the incentive for participation in a tobacco cessation program that is not on the CNO-approved programs list, you must complete this *Request for Consideration* form and submit it to [For Your Health](#).

Upon receipt of your completed form, the For Your Health! wellness team will assess whether the requested program meets the educational criteria for a Tobacco Cessation Program to earn CNO wellness incentives. The For Your Health! wellness team will issue its decision to you in writing within 10 business days.

ASSOCIATE INFORMATION	
Name:	Employee ID:
Email:	Telephone:
PROGRAM INFORMATION	
Program Name:	Web Address:
Contact Name/Office:	Telephone:
Is your attendance and program completion tracked? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, describe the mechanism used to track attendance and completion:
Are you required to set goals? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, describe the goal setting process (individually-set or advised/coached toward healthy and attainable goals?)
Is your progress tracked? <input type="checkbox"/> Yes <input type="checkbox"/> No	If Yes, describe the mechanism for tracking your progress:
ADDITIONAL INFORMATION	
Explain why you selected this program and why you feel CNO should approve the program for wellness incentives:	
Explain why one of the CNO sponsored Smoking Cessation Programs does not fit your needs:	