



TOBACCO CESSATION Vermont Resources

Student Resources

Freshstart® sponsored by Fletcher Allen Health Care

Based on the American Cancer Society's Freshstart® tobacco cessation program, this program provides the tools and support needed for quitting tobacco successfully. Topics covered include understanding nicotine dependence and addiction; proper use of nicotine replacement therapy; mastering the first few days of withdrawal; mastering obstacles and staying quit and enjoying it forever. Freshstart also provides participants with free nicotine replacement therapy. If you are interested in participating in a Freshstart program please email the Clean Space Committee at tobaccofree@acphs.edu.

Fletcher Allen Health Care Student Assistance Program (SAP)

The Fletcher Allen Health Care Student Assistance Program is offered at the hospital and provides ACPHS students with positive and preventive mental health support designed to help students deal with concerns ranging from everyday stress to more severe anxiety and depression that can impact home, work, and student life. In addition to counseling students, **SAP offers wellness coaching for tobacco cessation**, weight, and stress management.

For more information related to SAP counseling services or to schedule a confidential appointment, please call (802) 847-2827 or toll free at 1-888-329-3327. Inquiries can also be sent via confidential email to EFAP@vtmednet.org.

Faculty and Staff Resources

Freshstart® sponsored by Fletcher Allen Health Care

Based on the American Cancer Society's Freshstart® tobacco cessation program, this program provides you with the tools and support needed for quitting tobacco successfully. Topics covered include understanding nicotine dependence and addiction; proper use of nicotine replacement therapy; mastering the first few days of withdrawal; mastering obstacles and staying quit and enjoying it forever. Freshstart also provides participants with free nicotine replacement therapy. If you are interested in participating in a Freshstart program please email the Clean Space Committee at tobaccofree@acphs.edu.

MVP Health Insurance

Through your MVP Health Insurance you are eligible for certified and/or community, telephonic or web-based tobacco cessation programs, nicotine replacement therapy or non-nicotine medications with an authorized prescription for active plan participants. To view the Preventive Drug Coverage Guidelines and co-pay Reimbursement Procedure please [Click Here!](#) For additional information about this plan offering please contact the MVP Customer Care Center at (888) 687-6277.

Fletcher Allen Health Care Employee and Family Assistance Program (EFAP)

The Fletcher Allen Health Care Employee and Family Assistance Program is offered right at the hospital and provides ACPHS employees with positive and preventive mental health support designed to help employees deal with concerns ranging from everyday stress to more severe anxiety and depression that can impact personal, home, and work life. In addition to counseling services, **EFAP offers wellness coaching for tobacco cessation**, weight, and stress management.

For more information related to EFAP counseling services or to schedule a confidential appointment, please call (802) 847-2827 or toll free at (888) 329-3327. Inquiries can also be sent via confidential email to EFAP@vtmednet.org.

