

Smoking Cessation

If being a smoker is preventing you from becoming a caregiver with Cleveland Clinic, we'd like to help you quit smoking on your journey to potentially become a member on our team.

At Cleveland Clinic, we're always looking for more dedicated caregivers to add to our family. We value the health and well-being of our community, and we support a drug- and smoke-free environment. Since May of 2007, we've been one of 280,000 public places and places of employment in Ohio protecting all workers from exposure to secondhand smoke.

How we can help

Nationwide Tobacco **Quit Line: 1-800-QUIT-NOW (1-800-784-8669)** is available free of charge and serves as one of the most effective means for curbing smoking. With the help of this program, you are five times more likely to successfully quit than if you were to quit cold turkey. More information is also available on the CDC website.

Another option available in Florida includes <u>Tobacco Free Florida</u>. Once enrolled in the program, you will be assigned an experienced "quit specialist" who can help you set a quit date and design a quit plan that matches your tobacco use habits.

At Cleveland Clinic, we want to see our current and future employees thrive and encourage you to take advantage of this opportunity to give yourself the gift of a healthier lifestyle.

Visit <u>clevelandclinic.jobs</u> and apply today to join our team.