



Smoking Cessation Program

Save your company time and money. Contact us today regarding our on-site tobacco cessation programs!

Dr. Eric Cram (507)663-1972

cramchiro@gmail.com

Does your workplace have 6 or more employees that want to quit using tobacco products?
We can bring our quit smoking laser services to your workplace and treat employees on-site in a designated area of your facility.

Why should your company offer a smoking cessation program?

Increase Productivity

Smokers take an average of 3.5 breaks per day to smoke. At an average of 5 – 15 minutes each, that is up to 45 minutes per day lost productivity. If an employee is paid \$15.00/hour, then that is almost \$3,000 per year in lost productivity for one employee. Multiply that by 10 or even 100 staff members and you have a noticeable impact on productivity and efficiency.

Lower insurance costs (Health & Life)

A non-smoker usually incurs significantly lower insurance costs – for both health and life coverage, as they are less likely to contract a serious illness.

Decrease sick leave and payouts

Statistically, an employee that smokes is absent because of illness more often than one that does not smoke. On average, smokers miss more than 6 days of work per year due to sickness, compared to non-smokers, who miss about 4 days of work per year.

Improve health of staff

The benefits of quitting smoking start almost immediately upon quitting. Smokers who are able to quit often find significant improvements in the duration and quality of sleep and noticeable increases in energy. Anxiety levels go down. Former smokers can have less indigestion and heartburn. Former smokers find that sinus, allergies and asthma symptoms can be reduced significantly.

Deliver a significant benefit to the participating employees

All employees who are able to quit smoking will enhance their lives and the lives of their family members. Most smokers say they want to quit but it is often taking that first step that can be frustrating and scary. Giving an option and support for those employees will enhance their lives and the lives of their family members.

Deliver aesthetic benefits to management, coworkers and customers

Will your offices look more inviting and professional if there are no/fewer smokers standing outside? Does your staff interact closely with customers who might be bothered by the smell of smoke?

**The Just Stop Smoking Program is the solution for helping your employees to
Kick the Habit.**

To get started, get together a group of **6 or more people that want to improve their health and lifestyle.** Dr. Cram and his staff will educate everyone with a detailed presentation and answer any questions you may have before treatments begin. For more information, please contact Dr. Cram at **(507) 663-1972** and visit our website at <http://www.drericcramchiro.com/client-testimonials/>