

January 2012 Is Tobacco Cessation Month



At the State Employees' Insurance Board (SEIB)
Wellness Center and Pharmacy



The Truth about Tobacco

- Cause of many different cancers and chronic lung disease (emphysema, bronchitis) and heart disease
 - cigarette smoke contain more than 7000 chemicals that are toxic or have potential to cause harm to the body
- Risk of Lung Cancer:
 - lung cancer is the leading cause of cancer death in the US in males and females
 - ~90% of lung cancer deaths in males due to smoking
 - ~80% of all lung cancer deaths in females due to smoking
- Smokers are 6x more likely to have a heart attack than non-smokers
- Smoking causes over 440,000 deaths annually
 - Approximately 50,000 deaths are due to exposure to secondhand smoke
- Although quitting may seem difficult and daunting, many people do quit. There are more previous smokers than current smokers today
- Smokeless tobacco (chewing tobacco, snuff) is NOT a safe alternative to cigarettes
 - Can lead to cancer, oral health problems (tooth decay, gum disease) and nicotine addiction.

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470



Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460

We can help you kick the habit! The State Wellness Center offers comprehensive tobacco cessation counseling services. You are eligible for an initial consultation and subsequent follow up visits to help you stay on track. Call today to set up your FREE visit with a SEIB pharmacist.

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase *prescription* drugs.

*The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.*

*Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.*

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

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www.alseib.org