

Creating a smoke-free workplace

On April 1, 2007, Blue Care Network became a smoke-free workplace. Here are some tips based on the things we did:

- Notify employees well in advance of the date your smoke-free workplace goes into effect. The Blues began letting employees know about the new policy in December 2006 and promoted the benefits of a smoke-free environment.
- Use various communications, such as e-mails, posters, signs and articles in employee newsletters.
- Promote resources to help employees quit, such as:
 - Quit the Nic: a free program for BCN members, 800-811-1764
 - American Cancer Society on the Web: Kick the habit
 - Michigan Department of Community Health, free quit kits: 800-537-5666
 - American Lung Association online program: Freedom from smoking
 - American Legacy Foundation online: EX campaign
- Feature employees who are quitting in employee newsletters.