

Tobacco Cessation Outreach Specialist

PATIENT INFORMATION



Who is the Tobacco Cessation Outreach Specialist (TCOS)?

GHC-SCW's Tobacco Cessation Outreach Specialist is Hannah Wallankamp. Hannah is a Certified Tobacco Treatment Specialist providing free phone-based support to all GHC-SCW patients who want to quit smoking. As part of your quit program, your healthcare provider will refer you to Hannah who will reach out to help you quit.

When will the TCOS be calling me?

If you have set a quit date with your provider, you can expect to receive three brief phone calls from your Tobacco Cessation Outreach Specialist.

- **Call 1:** 2 to 5 days before your intended quit date.
- **Call 2:** 3 to 7 days after your intended quit date.
- **Call 3:** 5 to 6 weeks after your intended quit date.

If you have chosen not to quit at this time, Hannah will call you one week after your clinic visit to follow up and offer support.

What will the TCOS provide?

Hannah provides free, confidential, non-judgmental support and information over the phone about quitting smoking successfully. Hannah will also provide you with nicotine replacement therapy medications at little to no cost to help you quit or reduce smoking. Please contact the GHC-SCW Pharmacy Benefits Team at **(608) 828-4811** if you have questions about drug costs.

REMINDER: You can call Hannah at **(608) 662-4912**.
She is available from 9am to 5pm, Monday through Friday.

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