



Read the Twin Cities Business Magazine article about Breathe therapy and our on-site corporate programs:  
[www.QuitWithBreathe.com/corporate.php](http://www.QuitWithBreathe.com/corporate.php)

**Breathe**  
Freedom from Nicotine

### Some of our other Corporate Clients have included:

Malt-O-Meal	J&B/No Name Steaks	Reidell
Faribault Foods	Morrie's Automotive	Canterbury Park
C.S. McCrossan Construction	Data Recognition Corp.	Anchor Paper
Skybridge Marketing	Capitol Beverage	Impact
Choice Communications	Turck Manufacturing	Minntech Intl.
Midwest Leafguard	Meyers Printing	Amcon
Accessible Space Inc.	J.A. Counter	Seacole Chemical
Kohler & Dramm	Stratasys	Traut Companies
Custom Fire	Rural Cellular Corp.	Senior Recovery Program
CPP North America		

<sup>1</sup> Centers for Disease Control and Prevention. Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses—United States, 1995–1999. Morbidity and Mortality Weekly Report [serial online]. 2002; 51(14):300–303 [accessed 2009 Mar 31].

<sup>2</sup> Centers for Disease Control and Prevention. Cigarette Smoking Among Adults—United States, 2000. Morbidity and Mortality Weekly Report [serial online]. 2002; 51:642–5 [accessed 2009 Mar 31].

<sup>3</sup> Centers for Disease Control and Prevention. Best Practices for Comprehensive Tobacco Control Programs—2007. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; October 2007. [accessed 2009 Mar 31].

<sup>4</sup> Action on Smoking and Health, March 1994.

<sup>5</sup> Halpern, M.T.; Shikiar, R.; Rentz, A.M.; Khan, Z.M., "Impact of smoking status on workplace absenteeism and productivity," Tobacco Control 10(3): 233-238, September 2001.

<sup>6</sup> Musich, S.; Napier, D.; Edington, D.W.; "The Association of Health Risks With Workers' Compensation Costs." Journal of Occupational and Environmental Medicine. 43(6):534-541, June 2001.

<sup>7</sup> MMWR 2002;51:300-303

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**Everyone Wins**  
CORPORATE QUIT PROGRAMS

**Breathe**  
Freedom from Nicotine

**Quit for Good.**

## The cost of smoking

You don't have to be a smoker to experience the consequences posed by the number one cause of preventable death in the United States<sup>1</sup> – smoking. You just have to be an employer.

It's estimated that 20.8 percent of all adults (45.3 million people) are cigarette smokers.<sup>2</sup> Among adult smokers, 70 percent report they want to quit and more than 40 percent try to quit each year.<sup>3</sup>

And the economic costs are astounding.

### Did you know?

- Employees who take four 10-minute smoking breaks a day actually work one month less per year than workers who don't take smoking breaks.<sup>4</sup>
- On average, smokers miss 6.16 days of work per year due to sickness (including smoking related acute and chronic conditions), compared to nonsmokers, who miss 3.86 days of work per year.<sup>5</sup>
- Businesses pay an average of \$2,189 in workers' compensation costs for smokers, compared with \$176 for nonsmokers.<sup>6</sup>
- A smoker adds an average of \$1,600 in medical claims and \$1,700 in absenteeism and loss of productivity each year as compared to a nonsmoker.<sup>7</sup>

## The bottom-line benefits of smoking cessation

- Dramatic increases in productivity
- Lower health and life insurance costs
- Decreased sick leave and payouts
- Improved health of staff
- Better quality of life for participating employees
- Aesthetic benefits for the workplace

## Bringing Breathe to your workplace is easy

Our staff will set up treatment stations in your company's conference rooms or offices, making the process easy, quick and convenient for all involved. Each employee will receive a one-hour group consultation, along with two 20-minute initial treatment sessions and successful behavior modification techniques.

### Results that count

For most businesses, it's the results that count. When you review the costs and success rates of alternative methods, it quickly becomes clear that Breathe is the best way to reach the objective of fewer smokers on staff.

Our unique low one-time flat-fee pricing plan is designed to help ensure that your employees not only quit smoking quickly and easily, but they stay quit!

### A drug-free program that works

More than 5,000 people and many companies have participated in our Breathe Therapy tobacco cessation programs, and you can too.

Contact us to set up a time to discuss the benefits of bringing Breathe to your company. Call [952-546-5657](tel:952-546-5657) or email [Info@QuitWithBreathe.com](mailto:Info@QuitWithBreathe.com).

## What clients are saying about Breathe's on-site Corporate Quit Programs

*"I got a round of applause when I presented the Breathe results to our senior management. That has never happened before."*

**Val C.**  
Benefits Manager  
Malt-O-Meal

*"At J.A. Counter (a benefits consulting company), our clients are looking for way to reduce their insurance costs. Breathe's program was the perfect fit for cutting costs and increasing productivity – while improving their employees' health."*

**Julie B.**  
J.A. Counter & Associates, Inc.

*"The process was extremely easy and also very rewarding. Breathe organizes everything so well it required very minimal effort on my part. Everyone was very excited about the program and it has been a great success."*

**Jennifer V.**  
Benefits/Wellness Director  
Accessible Space, Inc.

To learn more, visit us at [www.QuitWithBreathe.com](http://www.QuitWithBreathe.com) and click on the Corporate Programs tab.

