

2021 APRIL Substance Use & Lung Cancer Awareness Month



CRETEX RESOURCES



Marathon Health ePortal Workshops

All employees & covered spouses have access to free Marathon Health ePortal workshops. Check out these workshops when it works for **YOU**:

- **Alcohol Abuse & Addiction**

This two week program outlines the symptoms, causes, and risk factors associated with alcohol abuse, and provides sources of treatment for those who would like to cut-down or stop drinking alcohol.

- **Smoking Cessation**

Whether you wish to quit entirely or simply want to control your smoking, this six week Smoking Cessation program will help you succeed. And, the program works not only for cigarette smokers, but all tobacco users, including those who smoke pipes, cigars, or use smokeless tobacco.

Log in to: my.marathon-health.com, click **Wellness**, click **Programs & Tools**, and then click the workshop.

*Reminder: employees & covered spouses can earn points for completing these workshops and other Marathon Health workshops as part of the **2021 Be Well Incentive Program**.*



HealthPartners

- The HealthPartners website shares specific information & resources to help individuals with becoming tobacco free:

healthpartners.com/hp/healthy-living/health-topics/tobacco-free

- HealthPartners partnered with a **lung cancer survivor** to shine a light on their story:

healthpartners.com/blog/lung-cancer-survivor-shares-story

Marathon Health Education Session

Tobacco Cessation

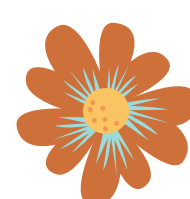
Want to quit smoking but not sure where to start? We can help. Did you know your body will benefit within minutes of quitting? We will discuss short and long-term health benefits of quitting and outline five success factors that can help you meet your goal. Log in to my.marathon-health.com to access the recording!

*** Don't forget to log in to my.marathon-health.com & mark a Marathon Health education session as complete to earn 5 points!***

Please scan this QR Code using a smartphone or tablet to easily view this education session.

You may need a scanning app. If you have an iPhone, then open the camera app and hover it over this QR code.

EXTERNAL RESOURCES



April 22nd: Earth Day

This Earth Day, consider the impact of smoking on the environment. Not only is smoking a health issue, it's also an environmental issue. Did you know cigarette butts are the most littered item globally?



Nonsmokers & Lung Cancer

Not all people who get lung cancer smoke. As many as 20% of people who die from lung cancer in the U.S. every year have never smoked or used any other form of tobacco.



1-800-LUNGUSA (1-800-586-4872)

The American Lung Association Lung Cancer HelpLine is free & available as often as needed. It is staffed with licensed registered nurses, respiratory therapists & certified tobacco treatment specialists. There are bilingual Spanish speaking staff along with a live language interpretation service for over 250 languages.



Substance Use Disorders

Occur when recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, & failure to meet major responsibilities at work, school, or home.



1-800-662-HELP (4357)

Substance Abuse & Mental Health Services Administration's National Helpline (or the Treatment Referral Routing Service) is a confidential, free, 24/7 information service for individuals & family members facing mental and/or substance use disorders. It can provide referrals to local treatment facilities & support groups.



Behavioral Health Treatment Services Locator

A confidential & anonymous source of information for persons seeking treatment facilities in the U.S. or U.S. Territories for substance use/addiction and/or mental health problems:

findtreatment.samhsa.gov

