

# Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

SUMMER ISSUE • SEPTEMBER 2023

## The health topic for September is tobacco & nicotine cessation.

This month, you'll find information to support members in learning about:

- Benefits of quitting tobacco
- Setting goals for a tobacco-free lifestyle
- Nicotine replacement therapy

You'll also find other wellness-related links to share with your employees.

Get in touch with UMR if you have any questions or want additional resources.

## Tobacco & nicotine cessation resources

You can use the links below to download this month's PDFs to print and display in your workplace. Or you can pass them along to your employees via email, digital newsletter or your intranet.

### **Tobacco cessation resource guide** **Spanish version**

This flyer connects members who use tobacco or other forms of nicotine with online resources and quit line information to support them in achieving their goal of quitting.

### **Developing your tobacco & nicotine cessation health vision and SMART goals** **Spanish version**

This worksheet helps members develop a tobacco cessation-related statement that represents who they would like to be in terms of health and well-being. Then it walks them through setting SMART goals for becoming tobacco-free.

These additional article links can help your employees learn more about quitting tobacco and nicotine products:

- **[Tips on how to quit smoking](#)**
- **[Nicotine replacement therapy](#)**
- **[Benefits of quitting tobacco](#)**
- **[BeTobaccoFree.gov](#)**

## Healthy recipes

- **[Banana Split Cake](#)**
- **[Apple Cinnamon Cornmeal Pancakes](#)**
- **[Chocolate Pomegranate Brownies](#)**
- **[California Chicken Pasta](#)**
- **[Ham and Pea Salad](#)**

## Mental health awareness

September is National Suicide Prevention Month, and World Suicide Prevention Day is September 10. Research shows people who are having thoughts of suicide feel relief when someone asks about them in a caring way. Acknowledging and talking about suicide may reduce suicidal ideation, rather than increase it. The **[988 Lifeline](#)** provides 24/7, free and confidential support for people in distress, along with prevention and crisis resources.



## Healthy You magazine

UMR sends a monthly digital newsletter directly to members with information about what's in the latest issue of *Healthy You* magazine. You can also post a link to the magazine on your intranet site or share specific articles that might interest your employees. This month we're promoting these articles:

### **Stay up to date with your vaccines**

With flu season approaching, it's a good time to talk to your provider about immunizations for you and your family.

### **A new twist on meditation**

You can combine nature and reflection for a powerful approach to wellness.

### **Tips for better lung health**

Boosting your lung function starts with these healthy habits.

Find the entire **Summer** issue **[here!](#)**