

## Health and Wellness Programmes in the Work Place

**Title: QUIT SMOKING BUS**

**External/Internal Deliverer:** Quit Smoking Bus

**Company contribution (\$/other):**

Space for the Quit Smoking Bus to park. Time for employees to attend the programme

**How it works/Methodology:**

1. Company contacts the quit smoking bus to say they are interested
2. Company organises a time with the quit smoking bus to visit for the 12 week programme and for where the bus is to park
3. Company advertises internally that the quit smoking bus will be onsite at a certain time each week for a 12 week programme
4. Quit smoking bus completes 12 week programme with employees

**Uptake:**

Employees who smoke who are interested in stopping smoking

**Implementation Issues resolved:**

No issues arose

**Direct/Indirect costs:**

Time off work for employees

**Benefits:**

- Health benefits for employees who quit smoking
- Decreased absenteeism as employees are healthier
- Helps New Zealand work towards their smoke free target
- Financial benefits for employees who quit smoking
- The bus, programme and resources (such as nicotine patches) are provided and are free to the participants

**Contact for more Information:**

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