



RBC EmployeeCare Program (Advice to fit your life.)

Are You Ready to Quit Smoking?

Access the Ceridian Stop Smoking Centre online at www.lifeworks.com

Smoking is the leading cause of preventable illness, disability, and death in Canada. More people die from lung cancer than colon, breast, and prostate cancer combined. The good news is that it's never too late to quit, and it's never too late to reap the health benefits associated with quitting. Despite these facts, 19 per cent of the Canadian population continues to smoke.

If you're ready to attempt quitting smoking, the **Stop Smoking Centre**, available on the **RBC EmployeeCare Program** website at www.lifeworks.com, can help. In three years of scientific study, the program delivered results comparable to face-to-face, physician-assisted smoking cessation support. This innovative, personalized program is developed by leading addiction specialists, and:

- approaches the process of quitting smoking as a journey -- one with various stages and levels of motivation
- addresses both physiological and behavioural concerns related to quitting
- is accessible 24/7 from the comfort of your own home
- is moderated by health care professionals who are available to respond to your questions regarding behaviour modification, nicotine replacement therapy, and relapse prevention
- includes online support groups and quit buddies, instant messaging, a nicotine dependency test, downloadable workbook, as well as a quit-meter.

You can also log in any time at www.lifeworks.com to access related articles, including: [Tips for Quitting Smoking](#), [Tips for Dealing with Withdrawal Symptoms After Quitting Smoking](#), and [Health Risks of Smoking](#).

Contact the RBC EmployeeCare Program toll-free, 24/7: **1-800-667-3400**

Visit us online at www.lifeworks.com, or access the program via mobile app.

User ID: rbc Password: rbccanada

