

Available to UNMC and UNMC Physicians  
employees, faculty and staff.

**Additional UNMC Campus Resources:**

- ▣ **Faculty/Employee Assistance:**
  - ▣ Susan Smith 559-5323 or
  - ▣ Addiction Specialist Marlene Schneider at 559-5175
- ▣ **Student Counseling** (559-5553)
- ▣ **Prescription Drug Program/Caremark:** <https://www.caremark.com>
- ▣ **Health Care Reimbursement Account** (559-4340)
- ▣ **Center for Healthy Living** /fitness center and leagues(559-5254)
- ▣ **Weight Management Programs:**
  - ▣ **Weight Watchers** –for information contact Jayme Nekuda 559-8962/jnekuda@unmc.edu
  - ▣ **Choose To Lose** - for information contact Brenda Bishop 559-3665/bbishop@nebraskamed.com
- ▣ **Full Body Massages:** Offered at the Center for Healthy Living located inside the Student Life Center (39<sup>th</sup> & Jones). The fee for a full body massages is \$30 for ½ hour or \$50 for 1 hour. Contact either licensed massage therapist Kristie 391-1882 and Jason 630-1406 to make an appointment.
- ▣ **Chair Massages:** Offered at the Olson Center for Women’s Health by licensed massage therapist Janice VonHeim and Kiera Nagle. Chair massages are \$1 per minute (no appointment is required just show up on the 4th floor of the Durham Outpatient Care Center at the University of Nebraska Medical Center located at 44<sup>th</sup> & Emile).

## Additional Resources:

- ▣ **Nebraska Tobacco Quitline** 1-800-QUIT-NOW (1-800-784-8669)
- ▣ **Smoking Quitline of the National Cancer Institute (NCI)**  
(877) 44U-QUIT (448-7848)  
(800) 332-8615 (TTY)  
Talk w/NCI smoking cessation counselor for help quitting & answers to smoking-related questions in English or Spanish
- ▣ **Live Help Online Chat**  
Get information and advice about quitting smoking through a confidential online text chat with an information specialist from NCI's Cancer Information Service  
[LiveHelp](#) Tobacco facts and more information about tobacco use:  
<http://www.cancer.gov/cancertopics/smoking>
- ▣ **Smoking, Tobacco and Health Information Line**  
Office on Smoking and Health, CDC  
(800) 232-4636 (Recording)
- ▣ **Smokefree.gov** website offers science-driven tools, information, and support that have been effective in helping smokers quit:
- ▣ **Freedom from Smoking® Online**  
Freedom from Smoking Online American Lung Association's free online smoking cessation program. [Bisit ffsonline.org](http://www.ffsonline.org)
- ▣ **Healthfinder.gov**  
<http://www.healthfinder.gov/scripts/SearchContext.asp?topic=801>  
Podcasts and resources visit: <http://www.cdc.gov/tobacco/>
  - **[Quit for Your Family's Sake \(Podcasts\)](#)**
  - **[Clinical Practice Guideline: Treating Tobacco Use and Dependence: 2008 Update](#)** (PDF–2 MB)
- ▣ Also in: [Quit Smoking: Cessation Program Materials](#)
  - Resources for Individuals  
Health Effects / Quit Smoking / Secondhand Smoke / Smokeless Tobacco
  - Resources for Children and Adolescents
  - Celebrities Against Smoking / DVDs & Videos
  - Resources for Researchers & Scientists  
Surgeon General's Reports / State Data / Surveys / Fact Sheets