



Kick Butt or AHEC Class

PCS employees and spouses who are current tobacco users can earn a wellness credit by completing a Kick Butt Course or completing an AHEC community session.

Kick Butt

Employees who are current tobacco users can participate in the 6 week tobacco cessation program. This online program focuses on practical ways to reduce tobacco use to ultimately stop the habit forever. The program will consist of weekly webinars and 3 one-on-one coaching calls. For more information about this program, please call Gina DeOrsey at 727-588-6137.

AHEC Quit Smoking Now (4- Week Class)

Employees or spouses who are current tobacco users are eligible for FREE multi-session in person AHEC Classes. Visit pcsb.org/wellness for a complete list of Quit Smoking Now (4-Week Class) through AHEC.

Employee Credit: 1 max

Spouse Credit: 1 max

Additional \$150 for Benefit Eligible Employees for Tobacco Cessation

Benefit eligible employees can earn \$150 for completing either the Kick Butt program or the AHEC multi-session classes and remaining tobacco free for 6 months. Employees must call 588-6151 *before* starting the Kick Butts or AHEC class for details of the incentive.