

# Tobacco-Free at Work Guide

The Johns Hopkins Hospital is now tobacco-free at work. The new policy supports our continued efforts to provide the highest-quality care environment for patients, visitors and our dedicated staff. **Employees cannot use any tobacco products during their work shifts—including while at lunch or on breaks, and whether they are on or off campus.** This includes cigarettes, cigars, chewing tobacco, pipes, e-cigarettes and vape pens.

To help you be tobacco-free at work, we offer tobacco cessation programs.

## This is how they typically work:

- Develop a personalized quit plan with a professional.
- You may be offered nicotine replacement therapies like patches, gums, or lozenges.
- Receive ongoing tobacco-use counseling, group classes, coaching emails and text support.

See page 2 for a list of free tobacco-cessation programs and resources



## What tobacco-cessation programs are available?

Program name	Who is eligible?	What is offered?	How to get started
<b>Johns Hopkins Medicine Employee Health Plan (EHP)</b>	Employees enrolled in the Johns Hopkins Employee Health Plan	<ul style="list-style-type: none"> <li>Tobacco-cessation telephonic health coaching</li> <li>Tobacco-use counseling</li> <li>Nicotine Replacement Therapies</li> </ul>	<p><b>Phone:</b> 1-800-957-9760</p> <p><b>Email:</b> <a href="mailto:healthcoach@jhhc.com">healthcoach@jhhc.com</a></p> <p><b>Website:</b> <a href="https://www.ehp.org/plan-benefits/health-programs-and-resources/health-coaching/">https://www.ehp.org/plan-benefits/health-programs-and-resources/health-coaching/</a></p>
<b>Johns Hopkins Tobacco-Treatment Clinic</b>	All employees	<ul style="list-style-type: none"> <li>A personalized quit plan</li> <li>Tobacco-use counseling</li> <li>Nicotine Replacement Therapies</li> </ul>	<p><b>Phone:</b> 410-550-5864</p> <p><b>E-mail:</b> <a href="mailto:tobacco@jhmi.edu">tobacco@jhmi.edu</a></p> <p><b>Website:</b> <a href="http://hopkinsmedicine.org/pulmonary/clinics/tobacco_treatment.html">http://hopkinsmedicine.org/pulmonary/clinics/tobacco_treatment.html</a></p>
<b>Healthy at Hopkins*</b>	All employees	<ul style="list-style-type: none"> <li>Online self-management programs</li> <li>On-on-one in person or telephonic health counseling sessions</li> <li>In person classes</li> </ul>	<p><b>Healthy at Hopkins Portal:</b>  <a href="https://app.member.virginpulse.com/?kc_idp_hint=johnshopkins#/home">https://app.member.virginpulse.com/?kc_idp_hint=johnshopkins#/home</a> or log onto <a href="http://my.jh.edu">my.jh.edu</a> (click on the Healthy at Hopkins logo on the right hand side of the screen).</p> <p>Contact the Healthy at Hopkins support team at 1-833-554-4554, or email: <a href="mailto:contactus@healthyathopkinssupport.com">contactus@healthyathopkinssupport.com</a>*</p>
<b>Maryland Quit Line</b>	A public resource available to all employees	<ul style="list-style-type: none"> <li>Telephonic counseling (4-10 sessions)</li> <li>Up to 12-week supply of Nicotine Replacement Therapies</li> <li>Coaching emails, discussion forums and Text2Quit support</li> </ul>	<p><b>Phone:</b> 1-800-QUIT-NOW</p> <p><b>Website:</b> <a href="http://mdquit.org/quitline">http://mdquit.org/quitline</a></p>

All tobacco cessation programs are available free of charge

\*Healthy at Hopkins customer support services are managed by Wellness Corporate Solutions.

**If you have any questions,  
contact the HR Solution Center**

443-997-5400 | [hrsc@jhmi.edu](mailto:hrsc@jhmi.edu)

<https://www.hopkinsmedicine.org/tobaccofree>