



WHITE MOUNTAIN REGIONAL MEDICAL CENTER

White Mountain Regional Medical Center is committed to establishing and promoting wellness initiatives that support our mission as health care providers. Providing a healthy environment for patients, visitors, and employees is an important part of our efforts. To help us succeed, all of our facilities and grounds will be designated as tobacco-free, effective **September 1, 2009**.

We are not asking that you quit using tobacco products, we are only asking you to refrain from tobacco use while on the properties listed below. The new policy reinforces our commitment to health and wellness given tobacco and second-hand smoke are detrimental to healthy living. Our efforts present an opportunity to help many individuals achieve healthier lifestyles.

As a result of the new tobacco-free environment, some of our patients and associates are trying to stop smoking, trying to limit the use of tobacco products or have recently quit using them. Exposing them to tobacco products or tobacco users may make it more difficult for them. Please respect our new policy and also those on the campus adjusting to a new environment. If you are interested in tobacco cessation programs, please contact one of the resources listed below.

WMRMC understands that smoking and tobacco use is a personal choice, and while we believe that being tobacco-free will help you lead a healthier lifestyle, we are not making it mandatory for you to do so. Our goal is to provide our associates, physicians/providers, volunteers, and patients with a healthier environment.

White Mountain Regional Medical Center Tobacco-Free Facilities Include:

- White Mountain Regional Medical Center
- White Mountain Specialty and Family Care

Resources:

ASH Line (Arizona Smokers' Helpline) 1-800-556-622
www.ashline.org

Apache County Tobacco Prevention 928-333-2415
ext. 222

Tips to Help You Quit:

Set a goal date for quitting!

Talk with your physician/provider about suggestions on how to quit, such as joining a support group or using nicotine gum or patches

Share your desire to quit smoking with your loved ones and co-workers

Drink lots of water and juice to flush the nicotine out of your system

Don't be discouraged—You can do it!