

# **QUIT FOR HEALTH**

## Frequently Asked Questions

### **THE BASICS**

Participating in Quit for Health involves 3 appointments per week for 12 weeks and payment based on how many appointments you come to.

### **THE DETAILS**

#### **How often do I have to come in?**

- You will be asked to come to 3 one-hour sessions per week for 12 weeks at 121 South Main Street (after a two-week introductory period).

#### **When can I come in?**

- We are open from 8:00 AM to 8:00 PM from Monday to Friday.

#### **What do I have to do there?**

- There are 2 groups and there is a **50/50** chance you will either have to walk on a treadmill or watch a health education video for one hour.
- You will find out which group you are in after you get medical clearance from your doctor.

#### **What about getting paid?**

- You will be compensated at the end of the 12 weeks, and you can earn up to \$593.
- You get 10 weeks of the nicotine patch for free.
- You get a 3-month membership to the YMCA.