

Nicotine Education

Employees and spouses who plan to take the City's 2027 health insurance and test positive for nicotine/cotinine will **avoid a monthly fee** by completing ONE of the nicotine educational offerings below:

Virtual Nicotine Education

Join a 60-minute presentation focused on understanding change, overcoming the challenges of nicotine addiction and building healthy habits that last.

Register before the class start time in WebEx [HERE](#) or scan the QR code below.

Important! To receive credit, you must individually register and join the class via WebEx. Joining via audio-only phone call will not be tracked and will not qualify for credit.



1:1 Nicotine Coaching Session

Nicotine coaching gives you personalized tools to take control — on your terms. Discover what triggers you, what motivates you, and how to build a quit plan that actually fits your life.

Schedule your appointment through the wellness portal at: workforcehealth.org/cityofmilwaukee and select a nicotine education offering.

Scan the QR code for quick access to the portal.



Important Deadline! Final date to complete the virtual education or nicotine health coaching is **December 11, 2026**



Contact Workforce Health
for registration help or questions
414-777-3410



Workforce Health