



A Healthier Environment: Vincientian Is Going Tobacco-Free

- Frequently Asked Questions -

Beginning January 1, 2022, Vincientian will become entirely smoke and tobacco-free. This means smoking and the use of all tobacco products will no longer be permitted on any property owned or controlled by Vincientian. This includes all interior buildings, outdoor areas and sidewalks, and parking lots. Vincientian will no longer have designated smoking areas on its properties.

This change is happening because Vincientian is committed to providing our employees, residents, and visitors with a clean, healthy, productive, and safe environment free from tobacco and smoke.

1. Why is Vincientian moving to tobacco-free environment?

Vincientian is committed to maintaining a healthy environment for residents, employees, visitors and our neighbors. We believe we will help ensure their experience with us is positive if we reduce their exposure to tobacco products.

2. What does a tobacco-free environment mean exactly?

This means smoking and the use of all tobacco products will no longer be permitted on any property owned or controlled by Vincientian. This includes all interior buildings, outdoor areas and sidewalks, and parking lots. Vincientian will no longer have designated smoking areas on its properties.

3. What tobacco products does the policy cover?

Tobacco products include, but are not limited to, cigarettes, cigars, pipes, and chewing tobacco. Other devices that contain tobacco or other smoke or vapor-producing products, such as e-cigarettes, vape pens and herbal smoking products, are also covered under this policy.

4. When do the changes to the policy go into effect?

January 1, 2022. The policy change is being announced in advance to allow time for individuals to prepare. For those who choose to stop smoking or tobacco use, this notice gives them time to access Vincientian's tobacco-cessation tools, resources, and support; begin the cessation process; and even fail along the way until they succeed.

5. Is there anywhere I can smoke or use tobacco?

Neither smoking nor the use of tobacco products are permitted on any Vincientian-owned or controlled property.

6. Can I smoke or use tobacco in my personal vehicle?

Smoking and the use of tobacco is not permitted in your personal vehicle, whether parked or in motion, if the vehicle is located on Vincentian property.

7. Do I have to quit smoking or chewing tobacco?

No. We are only asking that you refrain from smoking or using tobacco products while you are on Vincentian's properties.

8. Will Vincentian still hire applicants who use tobacco products?

Yes. Vincentian will continue to hire applicants who choose to use tobacco products outside their work shift. Recruiters will inform job applicants and candidates about Vincentian's Tobacco-Free Policy upon hire.

However, we hope any employee or applicant who is ready to quit smoking will take advantage of the many tools and resources we have available to assist in smoking cessation.

9. I want to quit smoking, but I'm not sure if I can do it on my own. What resources are available to help me?

Vincentian employees who are Vincentian UPMC Health Plan members or Vincentian Wellness-only members have access to free smoking cessation/tobacco cessation resources through UPMC Health Plan. These include the *MyHealth Ready to Quit*[™] telephone, self-study or online support; health coaching; nicotine replacement therapies; and LifeSolutions, Vincentian's Employee Assistance Program.

Employees who have other insurance coverage should check with their insurance company to determine if they are eligible for any tobacco-cessation assistance. Public resources, such as the confidential Pennsylvania Free Quitline (1-800-784-8669/1-800-QUIT-NOW), Smokefree.gov, the Centers for Disease Control and Prevention, and the American Lung Association, also are available.

11. What if I don't have UPMC Health Plan insurance? Are these smoking cessation resources available to me?

Vincentian's Wellness-only members can access the tobacco-cessation resources offered by the UPMC Health Plan. Employees who have other insurance coverage should check with their insurance company to determine if they are eligible for any tobacco-cessation assistance. Public resources, such as the confidential Pennsylvania Free Quitline (1-800-784-8669/1-800-QUIT-NOW), Smokefree.gov, the Centers for Disease Control and Prevention, and the American Lung Association, also are available.

12. I've tried the patch. It hasn't worked for me. Is there anything else I could try?

Through UPMC Health Plan and LifeSolutions, there are many smoking cessation options you can try. Research has shown that using two methods together, such as nicotine replacement therapy combined with health coaching, is more effective than a single method on its own.

We understand that quitting can be tough, and it often takes several tries. Before this policy change takes effect, you have the opportunity to try different methods to see what works for you.

14. Will Vincentian cover smoking cessation aids like nicotine replacement therapy, including gum and patches?

Nicotine replacement therapies, including the patch, gum, lozenge, nasal spray, and oral inhaler, are covered in the UPMC Health Plan. Wellness-only members also have access to these therapies. Employees who are not members of Vincentian's UPMC Health Plan will need to refer to their own health insurance plan coverage to determine if these therapies are covered.

15. Why are e-cigarettes included in this policy?

Giving the appearance of smoking is counter to the policy. Additionally, the U.S. Food and Drug Administration (FDA) has not tested the safety or effectiveness of e-cigarettes as an aid to quit smoking. Therefore, e-cigarettes are not approved under the Vincentian policy; however, the use of all FDA-approved medications for the treatment of tobacco dependence are permitted under the policy. These include all nicotine replacement therapies (the patch, gum, lozenge, nasal spray, and oral inhaler), as well as FDA-approved non-nicotine pills.