

HEALTHY FUTURES



Healthy Futures is a rewards based program that encourages pregnant women who currently smoke to begin smoking cessation strategies.

WHAT IS REQUIRED AS A PARTICIPANT?

Participants are required to meet with a behaviorist for at least 30 minutes each trimester and 6 weeks after delivery to discuss tobacco cessation. If you haven't used tobacco for at least 7 days before each visit, you will receive a \$25 gift card.

HOW DO I QUALIFY FOR THE PROGRAM?

- You must enroll during your 1st trimester, unless you are new to our clinic.
- Must be current smoker
- If you currently vape and do not wish to quit, you do not qualify.

OTHER THINGS TO NOTE

- **All** insurance providers are accepted by the Healthy Futures program.
- You may be referred to optional community resources via a CORE referral.
- The current program model is temporarily adapted for COVID-19 measures and may change at any time to include carbon monoxide testing.