Interested in participating in tobacco cessation, but can’t make it to the in-person class?

Try FREEDOM FROM SMOKING ONLINE for FREE!

If you are an active employee of a University System of Georgia institution you can now access the American Lung Association’s® tobacco cessation program Freedom From Smoking® Online!

Freedom From Smoking® Online (FFS Online), is a program specifically designed for adults, like you, who want to quit smoking. It’s an adaptation of the American Lung Association’s® gold standard, group clinic, that has helped thousands of smokers to quit for good. As the USG works to ensure that all institutions are providing an opportunity for the group clinic with trained facilitators at institutions, FFS Online provides the same programming for those who may not be able to access the group class.

FFS Online takes you through modules, each containing several lessons that you access through this protected website provided below. These lessons include valuable information and most of them contain an assignment that you are to complete before moving on. The assignments reinforce the messages in each lesson and your commitment to quit.

FFS Online does not begin with quitting. The program takes you through several lessons, ensuring that solid information about preparing to quit is given before Quit Day. Go ahead and progress through the lessons and modules until you complete the entire program. The beauty of FFS Online is that it can be accessed day or night, seven days a week, on any schedule you choose.

Steps to sign up:

- Go online and visit http://www.ffsonline.org/universitysystem
- Click on the Register for Freedom from Smoking Online button
- Filling in the information on the next page will provide you with one year access to the premium version of FFS online
  - The program is created as 8 sessions, intended to be completed within 8 weeks, though you can go through the program at your own pace!
- Use Discount Code: usg121440
- Note: You must provide your first and last name, as well as a unique email address to allow for the USG to track session completion for incentive distribution

You can successfully quit using tobacco and USG wants to help you! If you have any further questions regarding tobacco cessation on your campus, contact the USG System Benefits Wellness Program Manager, Farrah Spellman at Farrah.Spellman@usg.edu or by phone at (404) 962-3247.