Ready to Quit?

Check out UM resources for students and employees.

STUDENTS
Who have paid the health fee.

• FREE Quit Smoking and Quit Spit Kits at Curry Health Center Wellness (Rm 112) with resources on how to get free NRT (patches, gum, lozenges, and more).

• $10 appointments at Curry Health Center Medical to get more information from a medical professional.

• $10 visits to Curry Health Center Counseling if you need extra help with the emotional or habitual side of quitting.

• $30 teeth cleanings at the Curry Health Center Dental for a bright smile.

Wellness (Quit Kits) - east entrance, upstairs.
Medical - main entrance.
Counseling - west entrance, downstairs.
Dental - main entrance.

406-243-2122

EMPLOYEES
Insured by MUS Employee Health Plan.

• Take Control Program (once per lifetime for one year).

• Limited medical services and prescription fee waivers/assistance.

• Up to four free visits with an in-network health care provider for tobacco cessation (only pay copay/coinsurance).

• Four free counseling visits with an in-network provider for tobacco cessation (more counseling available).

• $50 per month toward a gym membership.

Take Control
1-800-746-2970
http://wellness.mus.edu/TakeControl.asp