

BE A QUITTER

TOBACCO CESSATION PROGRAM OPTIONS



Be A Quitter is a program designed to help Anderson County employees cut back and quit using tobacco products.

Below is an outline of the **Be A Quitter** program options.

OPTION 1 One-on-One Telephonic Coaching

Employees will participate in at least 4 collaborative telephonic coaching calls over an 8-week period. Health coaches support them in creating individualized plans to cut back and quit tobacco based on established behavior change techniques.

OPTION 2 Self-Paced 8-Step **Be A Quitter** on CareHere Connect 2.0

This is an 8-week online program where employees watch one recorded video per week, take quizzes and follow along in their **Be A Quitter** workbooks. They'll meet with a health coach by telephone at least twice, at targeted times, to support them on their quit journeys.

LET US KNOW WHICH OPTION WORKS BEST FOR YOU!

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What Employees Can Expect

- **Consult 1 - Be A Quitter Workshops 1-2**
 - Nicotine addiction education
 - Medication options
 - Motivations to quit
 - Triggers
 - Develop quit plan strategy and set a quit day
- **Consult 2 - Be A Quitter Workshops 3-4**
 - Discuss success of quit plan to date
 - Assess quit support
 - Discuss coping with cravings and withdrawal
 - Stress reduction techniques
 - Finalize medication plan
- **Consult 3 (2 days to 1 week post quit day) - Be A Quitter Workshops 5-6**
 - Discuss quit plan. What is working / not working?
 - Assess medication compliance
 - Address grief / loss; mitigating weight gain strategies
 - Cognitive coping skills / behavioral coping skills
 - Slip vs. relapse
- **Consult 4 - Be A Quitter Workshops 7-8**
 - Celebrate success
 - Provider follow-up
 - Relapse prevention
 - Quarterly quit anniversary follow-up

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