



# The HealthyGuidance® Tobacco Cessation Experience

## Focused on Quitting and Staying Smoke Free

Overcoming nicotine dependence or addiction is not easy, but the your HealthyGuidance Tobacco Cessation Program provides you with a personalized quit plan no matter where you are in the quitting process. With unlimited support, our Certified Tobacco Cessation Specialists integrate behavior-change techniques, with a mix of dependence-breaking strategies to help you quit permanently.

## Personalized Assessment, Guidance and Support

The HealthyGuidance Tobacco Cessation Program is designed to help you quit and “stay quit.” The program includes:

- › Personal tobacco use and quit-attempt assessment
- › Customized assistance plan based on your initial level of “readiness-to-quit”
- › Strategies to help you deal with common fears about quitting smoking
- › Guidance regarding the effectiveness and use of medications and over-the-counter nicotine dependence products
- › Stress management skills instruction
- › Tips for preventing weight gain
- › One-on-one telephone sessions
- › Ongoing relapse prevention support

## Call One: Assessment and Education

The program begins with an assessment of your current and past tobacco use, which will help determine your quit plan and whether your tobacco use is more physiologically, psychologically or socially motivated. Assessing why you smoke helps determine which quitting approaches will be the most beneficial. You'll work to create a customized plan and personal goals to achieve between each call that will lead you to your quit date. The plan will help you substitute your habit of using tobacco with healthy alternatives for long-term success.

## GET STARTED TODAY.

Call: 844.744.1370 TDD: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

Your company Web ID: Carnegie

## Call Two: Prepare to Quit

While there is no single “right way” to quit, there are some strategic steps that increase the chances of success. The preparation step required prior to quitting provides you with the opportunity to set a quit date, inform family and friends, anticipate challenges, remove tobacco from your personal environment and discuss nicotine replacement therapy (NRT) with your physician.

## Call Three: Action Plan

According to The American Cancer Society and our years of counseling experience, quitting for good depends largely on commitment, planning and ongoing support. By understanding the factors behind your nicotine dependency, our Certified Tobacco Cessation Specialists help you choose a quitting method, develop alternative coping strategies and assume a non-smoker identity.

## Call Four: Quit Day

Designating a quit day motivates you to put the preparation and planning into action at a specific time, which helps ensure success. This day requires focus and energy to cope with temptations, cravings and withdrawal symptoms and to develop new, healthier habits. Our program gives you the necessary tools and personal support to combat cravings and temptations in this early stage of quitting.

## Call Five: Relapse Prevention and Follow-Up Assessment

Staying tobacco free is the final and most important stage of the process. Our Tobacco Cessation Specialists help you identify relevant relapse issues, develop skills to cope with emotional or situational “triggers” and use tactics such as exercise and better nutrition to restore overall health. Following a flexible five session model, extra sessions will be offered if additional support is needed.

**Carnegie Mellon University**