

Online Program: Tobacco Cessation

Welcome to Tobacco Cessation!



Welcome to the Health Advocate Tobacco Cessation Online Program! Like many tobacco users, you may have tried to quit several times already. Quitting tobacco can be challenging and requires you to change lifelong behaviors. This program will teach you the skills and strategies you need, including how to create and implement a tobacco cessation plan which will improve your chances of quitting for good.

Welcome!

Congratulations on deciding to quit tobacco—it's the very first step to becoming tobacco-free!

Program Overview

The Tobacco Cessation Online Program is 12 weeks long. During the first 8 weeks, you will:

- Gradually cut back on your tobacco use
- Learn about challenges to quitting, tools and strategies you can use to overcome the challenges, creating healthier habits
- Complete your Quit Plan, a valuable resource to help you quit successfully. You will complete one section of your Quit Plan each week (weeks 1-7).
- Track your tobacco use and log it online each week

During the ninth week of the program, you will:

- Quit tobacco completely!
- Begin utilizing your Quit Plan

Weeks 10 through 12 of the program will focus on helping you maintain your new healthier habits and stay quit for good.



Cut-Back Tip:

Reduce your tobacco use by 10%. For example, if you smoke about 10 cigarettes a day, smoke 1 less.

Choosing a Quit Date

Your quit date should fall in the ninth week of this program. Take a look at your calendar and choose a quit date during that week that works best for you. Consider whether you'd prefer to primarily be at home or at work on your quit day, and whether you want to quit on a certain milestone day (for example, on your or a loved one's birthday, or on your favorite day of the week, i.e. "Fridays are my favorite day, so that's the day I want to quit").

Tracking Your Tobacco Use

It's important to better understand when and why you use tobacco. The best way to gather this information is by tracking each time you smoke or chew.

As part of this program, you will track your tobacco use each week up to your quit day. You should start tracking your tobacco use today by printing out our tracking sheet (Chapter 1, Lesson 3) or via a smartphone app. Then, you will be asked to enter your tobacco use into our online tracker during the following week's lesson.

As you begin to track your tobacco use, you may start seeing patterns of when and why you use tobacco. This can later help you identify which cigarettes may be easier to give up so that you can begin reducing the amount of tobacco you use. For now, though, the most important thing to do is start tracking!

Now that you have completed Lesson 1, please proceed to the next lesson.

Remember

Tracking your tobacco use is essential to quitting successfully!