



## Resources to Quit Smoking

**68.8%** of adult smokers in the U.S.  
want to quit completely.

(Centers for Disease Control and Prevention. Quitting Smoking Among Adults—United States, 2001–2010. Morbidity and Mortality Weekly Report [serial online] 2011;60(44):1513–19 [accessed 2011 Nov 10].)

### SO, WHAT'S NEXT?

Symptoms and cravings that come with quitting can be extremely powerful. Set yourself up for success by creating a Quit Plan before the journey even begins. By thinking through pain points before they occur you'll hopefully be able to power through them when (and if) they do.

#### WHY?

Determine why you want to quit and how. Maybe you want to set an example for your kids or you want to run a marathon. Determine what will be your motivation and think about the options available for sticking with it. Look into nicotine replacement therapy, meditation, coaching, or other support methods.

#### HOW?

Clear your triggers. Set aside time and make appointments to deep-clean your car, make a trip to the dry cleaner, throw out the ashtrays in your backyard and any other high-trigger areas that need clearing.

#### WHEN?

Set a Quit Day. This is the 1st day of your tobacco-free life and should be 30–60 days out from Step 1 of your plan. Share this date with your family and friends and let them know you'll need extra support around that time.



#### APP

**STOP SMOKING MANAGER**  
Track your progress, your success and the difference it's made for your health. (\$1.99: iTunes)  
<http://bit.ly/VwBfLW>

### YOU HAVE HELP. SUPPORT TOOLS & COACHING

EAP: BeWell - My Benefits & Program  
[www.LiveAndWorkWell.com](http://www.LiveAndWorkWell.com)  
Access Code: 7471 or Call 1-877-472-4200

**TOBACCO CESSATION COACH WITH ADURO:**  
Work with a coach to kick the habit successfully. **1.888.213.7953**

**DID YOU KNOW?** Nicotine was first used as an insecticide in 1793?

Your {Choice  
Future