



The HealthyGuidance® Tobacco Cessation Experience

Focused on Quitting and Staying Smoke Free

Overcoming nicotine dependence or addiction is not easy, but the HealthyGuidance Tobacco Cessation Program provides you and your family members with a personalized quit plan. 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. You’ll work to create a customized plan and personal goals to achieve between each call that will lead you to your quit date.

Call Two: Prepare to Quit

The preparation step required prior to quitting provides you with the opportunity to set a quit date, anticipate challenges, remove tobacco from your personal environment and discuss nicotine replacement therapy (NRT) with your physician.

Call Three: Action Plan

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. 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

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.

Remember: Tobacco Cessation coaching is free to you and your family members.

Here when you need us.

Call: 855.401.9273

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: WCSDEAP

