A healthier life is on the line for you!

Take Quitting One Step at a Time

Think of quitting smoking like you’d think of doing some work on your house. It is important to have a plan, gather your tools and materials, and to do things in the correct order. A well-designed plan can spare you delays and hardships – and a lot of added costs. Here are some of the key points in a well-designed plan for becoming smoke-free:

1) Choose your **Quit Day**. This is the day you will *completely stop* smoking cigarettes. Two weeks is usually enough time to prepare for your **Quit Day**.

2) Make quitting your main focus. Set aside time every day to work at it. List action steps in your calendar to help you stay on track.

3) Have your health coach support you through each stage of quitting:
   - Getting ready to quit
   - Quitting
   - Staying quit

4) Realize that setbacks are common, but they are not reasons to give up. Be prepared to take them in stride. Reach out for support and advice, and stay with your plan. Your health coach will be happy to show you how.

5) Stay positive! Think of challenges as opportunities, and have a plan for each one. Celebrate your successes along the way.
How Am I Hooked?
There are three main ways cigarettes can hook you:

Nicotine Dependence: Nicotine is addictive. Do you crave cigarettes? Do you find it hard to go a few hours without smoking? These are signs of nicotine addiction. Addicted smokers experience withdrawal symptoms when their supply of nicotine is cut off. Most symptoms go away in a week or so. But they can be very unpleasant while they last. Withdrawal symptoms can be a major barrier to quitting.

Habit: This involves the many links you make between smoking and your daily routines and your cigarettes. These links were formed without your knowing it. For instance, you may like to smoke every time you drink coffee. Over time, the link between drinking coffee and smoking became a habit. Now each time you have coffee, you may find yourself reaching for a smoke. You may do this without even thinking about smoking. Another common link is the one between smoking and drinking alcohol. You might also link smoking with talking on the phone, driving a car, watching TV, or finishing a meal. Think about your own smoking links. Are there certain times, routines, or things you do that always include smoking?

Crutch: You might feel you need cigarettes in certain situations. When you feel this way, cigarettes take on a special role in your life. Some smokers say they need cigarettes to manage stress. Others say they need them to keep their weight down. Some say they need to smoke to stay alert or to help them feel better. The truth is, cigarettes are not needed for any of these things. Millions of nonsmokers manage their stress and their weight, stay alert, and enjoy good times without the cigarette “crutch.”

But there is a bit of truth to each of these thoughts. This bit of truth makes crutches hard to overcome. For example:

- The way you breathe when you smoke can help relax you.
- Putting a cigarette rather than a donut or candy bar in your mouth can help keep your weight down.

Know this: Cigarettes are not needed for any of these benefits, and there are much healthier ways to get them. Using cigarettes as a crutch can take a huge toll on your health!
Medicine Can Help End Nicotine Addiction

Medicines are available that may reduce or eliminate the unpleasant withdrawal symptoms. They can help you feel more comfortable, focused, and in control while you adjust to life without smoking. Using medication along with a health coaching program greatly improves your chances of quitting.

Some of the medicines can be bought over the counter. Others require a prescription. Some are started on your Quit Day, after your last cigarette. Some need to be started a week or more before you quit. The chart below provides some helpful details for all FDA-approved quitting medicines.

### Medicines to Help You Quit

<table>
<thead>
<tr>
<th>Medicine</th>
<th>Type</th>
<th>Prescription Needed?</th>
<th>When to Start?</th>
<th>Possible Side Effects</th>
<th>Possible Extra Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nicotine Patch</td>
<td>Nicotine Replacement</td>
<td>No</td>
<td>On your Quit Day</td>
<td>-Skin rash&lt;br&gt;-Vivid dreams&lt;br&gt;-Trouble sleeping</td>
<td>-Easy to use; may be good for people who are very busy</td>
</tr>
<tr>
<td>Nicotine Gum</td>
<td>Nicotine Replacement</td>
<td>No</td>
<td>On your Quit Day</td>
<td>-Mouth soreness&lt;br&gt;-Upset stomach&lt;br&gt;-Sticks to dental work</td>
<td>-Fast acting&lt;br&gt;-Take as needed when you have a craving&lt;br&gt;-Satisfies oral habit</td>
</tr>
<tr>
<td>Nicotine Lozenge</td>
<td>Nicotine Replacement</td>
<td>No</td>
<td>On your Quit Day</td>
<td>-Heartburn&lt;br&gt;-Indigestion&lt;br&gt;-Nausea</td>
<td>-Can be used discreetly&lt;br&gt;-Can take extra doses for sudden cravings&lt;br&gt;-May reduce or delay weight gain</td>
</tr>
<tr>
<td>Nasal Spray</td>
<td>Nicotine Replacement</td>
<td>Yes</td>
<td>On your Quit Day</td>
<td>-Burning sensation in nose&lt;br&gt;-Runny nose&lt;br&gt;-Watery eyes</td>
<td>-May be more effective for heavy smokers (more than 2 packs a day)&lt;br&gt;-Fast acting</td>
</tr>
<tr>
<td>Nicotine Oral Inhaler</td>
<td>Nicotine Replacement</td>
<td>Yes</td>
<td>On your Quit Day</td>
<td>-Runny nose&lt;br&gt;-Sore throat&lt;br&gt;-Cough&lt;br&gt;-Upset stomach&lt;br&gt;-Headache</td>
<td>-Mimics hand to mouth habit</td>
</tr>
<tr>
<td>Zyban</td>
<td>Oral Medicine (Pill)</td>
<td>Yes</td>
<td>7-14 days before your Quit Day</td>
<td>-Trouble sleeping&lt;br&gt;-Nervousness&lt;br&gt;-Constipation&lt;br&gt;-Seizures</td>
<td>-May help those who often feel sad or “blue” when they can’t smoke</td>
</tr>
<tr>
<td>Chantix</td>
<td>Oral Medicine (Pill)</td>
<td>Yes</td>
<td>7 days before Quit Day</td>
<td>-Upset stomach&lt;br&gt;-Vivid dreams&lt;br&gt;-Trouble sleeping&lt;br&gt;-Headaches</td>
<td>-Easy to use&lt;br&gt;-Makes smoking less enjoyable</td>
</tr>
</tbody>
</table>

*Talk with your doctor or pharmacist before starting any new medication.
Contact your doctor to discuss quitting and the product or products that may be right for you. Be sure to discuss any other medicines you are taking. Tobacco-cessation products interact with some other medicines. Also talk to your doctor about any medical conditions that you have, including pregnancy, before using tobacco-cessation medicines. Read the instructions that come with your medicine. Use the medicine correctly, and for the full time.

If you are a UPMC Health Plan member, you may have coverage for these products. Call the Member Services number on your member ID card for more information.

When using any medicine to help you quit, it is important to:

- Use the product correctly.
- Use the proper amount each day.
- Use the product as long as directed.

If you will use a prescription form of medicine, complete this section:

**My doctor's name:** __________________________________________

**My doctor's phone number:** _________________________________

**My appointment date and time:** _____________________________

**Know Your Habit**

Tracking your habit for a few days will help you see the hidden cues that trigger you to smoke. When you know what your “triggers” are, you can learn to manage them without smoking. If you don’t know what they are, they will catch you off guard. Then you will have only your willpower to hold back urges to smoke. If you have tried to quit before, you know that doesn’t work very well.

On pages 6 and 7 you will find a Trigger Tracker. Use it to track the cigarettes you smoke. Fold it up and carry it with your pack of cigarettes. Then, each time you reach for a smoke, you will remember to record the trigger.

Look over your Trigger Tracker a day or so before your Quit Day. Notice what triggers your strong urges to smoke. Your health coach can help you manage your triggers and tone down urges. Tell your UPMC Health Plan health coach when you are ready to quit.

**Break Your Crutches**

There are many ways that smokers lean on their cigarettes. Take a look at your Trigger Tracker. Notice how you lean on cigarettes. Share your thoughts with your health coach. With the right tools, you can break your crutches and break free from smoking. Your health coach has the right tools for you.
Reach Out to a Friend

Even if you like to handle things on your own, you probably remember a time when a friend was there for you at just the right moment. What a difference a friend’s support can make! Cigarettes can’t listen to your problems. They can’t lend a helping hand. But your friends and family can!

Think about someone who would be a good support person, or “Quit Buddy,” for you. Write that person’s name on the line below.

My Quit Buddy is: ________________________________

Should I Quit Slowly or All at Once?

Cutting back slowly on how much you smoke may sound like a good idea. But cutting back slowly sometimes becomes a way of putting off quitting. Cutting back can also make quitting harder than it needs to be. As you smoke less, the amount of nicotine in your system drops. When the level gets too low for comfort, you may have symptoms such as irritability, anxiety, restlessness, impatience, headaches, and strong cravings for cigarettes. Continuing to smoke, but smoking less than you are used to, makes this uncomfortable time last longer. These symptoms are called nicotine withdrawal.

Bottom line: Between now and your Quit Day, it’s best to smoke in a way that makes you feel most comfortable, including cutting back slowly if you wish. Just know that when your Quit Day comes, you will stop all forms of tobacco use – completely!

IMPORTANT MESSAGE:

Stopping completely and using a smoking-cessation medicine will help you get on with quitting by reducing the symptoms of withdrawal. Do you take medicine on a regular basis for a health condition? If so, tell your doctor when you are planning to quit smoking. Stopping smoking may affect how some medicines are used by your body. If you are taking medicines now, your doctor may need to change the dosage while you are quitting smoking and after you have quit.

Set Your Quit Day

Choosing a day on which you will stop smoking is very important. Commit yourself fully to stopping smoking on that day. What you think and do between now and your Quit Day will prepare you for that important step. How you think and what you do each day after your Quit Day will help you stay quit for good.

Try to pick a Quit Day for a day around two weeks from now. Choose a day that falls during a normal, routine time. Avoid stressful or non-routine times such as during a move, during exams, or when you are on a deadline.

My Quit Day is: ________________________________

Day of week    date
My Quit Day Checklist

• Pick a Quit Day.

• Share your Quit Day with your health coach. Your health coach has tools to help you manage your first week without cigarettes.

• “Clean house” the night before your Quit Day. Get rid of all your cigarettes, butts, lighters, and ashtrays. Look everywhere you kept or hid them, just in case.

• Know why you want to quit. Think about the reasons you have for quitting. Write these on a card and carry the card with you. Look at these reasons when you have an urge.

• Stock up on “mouth toys.” Have plenty of sugar-free gum and mints, sunflower seeds, cinnamon spice sticks, toothpicks and swizzle sticks on hand. Put some everywhere you kept cigarettes and every place you smoked. Have something to keep your mouth busy when you feel like smoking.

• Be prepared. When and where do you most like to smoke? Have a plan ready to deal with these times without smoking. Go over your plans often before getting into that situation.

• Change what you do. Look at the times you usually smoke, such as after a meal or when driving a car. Change those routines and leave smoking out. If you can’t think of ways to change a routine, your health coach can give you some good ideas.

• Change how you think. Watch out for thoughts about smoking. Choose to think about something else. Focus on thoughts that make you feel happy. Tell yourself: “I am in control” or “I can do it.” Be positive.

• Use a smoking-cessation medicine. If you have started a pill form, good for you! If you will use a form of nicotine replacement, start after your last cigarette. Review the right way to use your quit medicine.

• Call your Quit Buddy. Your buddy is someone who can help you when you need an extra boost. Make sure this person can be there for you when you need support.

• Have a Quitting Ceremony. The night before your Quit Day, say goodbye to smoking. Celebrate the start of a healthier life. Trash your cigarettes. Bury your ashtrays in the backyard. Write a “Dear John” letter to your smokes. Have a smoke-free party with supportive friends. Do something personal that you will not forget.

Take Action

Triggers are the thoughts, feelings, actions, places, or people that make you want to smoke.

For at least three days, including one weekend day, use the Trigger Tracker on the next pages to keep track of when and why you use tobacco. Make copies of the Trigger Tracker so you can use it for more than two days. If you currently smoke cigarettes, fold this Tracker in fourths. Then use a rubber band to hold it to your pack of cigarettes. Make an entry in your Trigger Tracker each time you use tobacco. Make sure to do this before you smoke or chew.
### The Trigger Tracker

<table>
<thead>
<tr>
<th>Tobacco Use Number</th>
<th>Time</th>
<th>What I Am Doing, Where, and With Whom</th>
<th>What I Am Thinking About</th>
<th>How I Am Feeling</th>
<th>Craving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>7:20 a.m.</td>
<td>Waiting for the bus alone</td>
<td>Projects due at work</td>
<td>Bored</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>9:45 a.m.</td>
<td>Taking a break from work in the plaza with Paul</td>
<td>Plans for weekend</td>
<td>Excited</td>
<td>1</td>
</tr>
</tbody>
</table>

*Craving — rate how strongly you want to use tobacco: 1 = not really thinking about it; 2 = feel like it; 3 = desperately need it.*
The Trigger Tracker

<table>
<thead>
<tr>
<th>Tobacco Use Number</th>
<th>Time</th>
<th>What I Am Doing, Where, and With Whom</th>
<th>What I Am Thinking About</th>
<th>How I Am Feeling</th>
<th>Craving</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Craving — rate how strongly you want to use tobacco: 1 = not really thinking about it; 2 = feel like it; 3 = desperately need it.

A healthier life is on the line for you!