How—and Why—
UPMC MyHealth Ready to Quit™ Works

The UPMC MyHealth Ready to Quit™ Group Program can help you quit smoking or other tobacco use, and to stay quit for life. Some smokers can quit the habit without outside help. But many people need information and tools, and they want support. Studies show that many more smokers quit when they take part in a coaching program like this one.

A UPMC MyHealth group program has many benefits. You will receive:

• Guidance and encouragement from both the group leader and fellow group members
• Information, support, and a connection with others who are working toward similar goals
• A chance to help others
• Motivation for staying on track with weekly goals

Successful quitters often make several attempts before becoming tobacco-free. This program avoids unneeded detours. It gets right to the task at hand: helping you to stop using tobacco as painlessly and swiftly as possible.

What this program provides

• Six weekly on-site group sessions
  ✓ The sessions will be conducted by a UPMC Health Plan health coach who is a trained tobacco cessation specialist.
  ✓ Each session lasts 60 minutes.
  ✓ There will be no lectures. Your coach will review each member's progress, help resolve any challenges, share some new ideas, and help you build skills for quitting and staying quit. The sessions will be focused mostly on you and your fellow group members — sharing your experiences about what works well (and not as well) in becoming and staying tobacco-free. You are encouraged to ask questions.
  ✓ You can also call your health coach at 1-800-807-0751 any time between sessions for help or support.

• A workbook with six sessions, including:
  ✓ Readings and assignments that will prepare you for each group session
  ✓ The most recent facts about quitting tobacco, based on scientific evidence
  ✓ Tips to help you put those facts into practice, quit, and stay quit for life

• Trackers and tools to make the program more effective
  ✓ My Tobacco Profile, a tracking tool that will help you to uncover the hidden cues that trigger you to smoke or use other forms of tobacco.
  ✓ Reaching Out to a Friend, a booklet to share with a friend who is helping you to quit.
  ✓ A wallet card to remind you when urges strike of key coping skills and your reasons for quitting.
  ✓ And more! The workbook will send you to various tools, as you need them.

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A special note for pipe, cigar, and spit (smokeless) tobacco users

The workbook sessions work equally well if you are quitting cigarettes or any other form of tobacco use. If you use spit (smokeless) tobacco, we have included several extra tips on a sheet called Tips for Spit Tobacco Users. Your health coach is trained to help you apply these tips.

After the program

Included with your workbook you will find the Staying Tobacco-Free Journal. This journal will help you maintain your success and stay quit for good.

You will also receive three brief calls of support from your health coach at 30 days, 90 days, and 6 months after your Quit Day.

Your first assignment

To begin:

1. Read and sign the Ready to Quit Pledge. It explains what will be asked of you in the program. It will also help you make a clear commitment to quitting tobacco. If you’d like, post the pledge where you will see it often.

2. Read Session 1 in the workbook, and do all the Learning Activities in Session 1 before your first group meeting. Set aside time each day to do this.

During the week before your first group meeting you will use the carry-along tool, My Tobacco Profile, to track your tobacco use patterns. Your workbook will tell you exactly how to do this. Near the end of Session 1 (and all other workbook sessions), you will see a “STOP” sign followed by “To Do” assignments. These assignments are to be completed after each group meeting.

A final note

Doing this work — reading and completing workbook activities and “To Do” assignments — may make you feel as if you are back in school. That’s okay! Learning to quit smoking or other tobacco use is just like learning any other skill.

You could learn to quit by making many trial-and-error attempts. Or you can use your time and energy more effectively by committing to all aspects of the UPMC MyHealth Ready to Quit Program — to quit now and for good!