

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

The UPMC MyHealth Ready to Quit™ Self-study Program can help you to quit smoking or other tobacco use and to *stay quit for life*. 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.

This program is designed to help you quit smoking or other tobacco use on your own. Many people benefit from the extra support and information a health coach can provide. While completing this self-study program, you will have access to a health coach with special training in tobacco cessation to support you, on an as-needed basis.

What this program provides

- A **workbook** with six sessions, including:
 - ✓ Structured readings and assignments that will walk you through the program step by step, help you strengthen your resolve, focus your efforts, and gain needed skills
 - ✓ 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.
 - ✓ A *Daily Action Calendar* to use in planning your quitting activities between sessions.
 - ✓ *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.
- The **convenience** of being able to complete the workbook sessions and assignments on your own, at times that best fit your schedule.
- Unlimited access to a UPMC Health Plan **health coach** who is a trained *tobacco cessation specialist*. Your health coach can help you get the most from your workbook, trackers, and tools and will share tips on overcoming your unique barriers to quitting tobacco use. *Studies show that self-study programs are more successful when combined with support from a health coach.*

You can call your health coach at **1-800-807-0751** as many times as you need.

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 as you participate in the program. It will also help you make a clear commitment to quitting tobacco. If you like, post the pledge where you will see it often.
2. Read **Session 1** in the workbook *at least two weeks before the day you set as your Quit Day*. Do all the **Learning Activities and “To Do” assignments in Session 1** *before* you move on to Session 2. Sessions 1 and 2 prepare you for your Quit Day. Sessions 3 through 6 give you the tools and skills to remain tobacco-free.

During the first week 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 sessions), you will see a “STOP” sign followed by “To Do” assignments. These assignments are to be completed *after* you read each session, and *before* you move on to the next.

You may find it helpful to read an entire session at the beginning of each week. Then review a part of that session each day as you work on the assignments. This way you will be thinking about your progress daily and be more likely to stay on track.

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!*

UPMC HEALTH PLAN