



NICOTINE-FREE PLAN

If you are thinking about using nicotine, here are some things to consider as you develop your quit plan. Think about your answer to each of the questions below and refer to them as needed throughout your quit attempt. Referring to these questions and your answers throughout your quit attempt may help keep you motivated.

1. Why do I want to quit?

2. What do I expect to happen when I quit?

3. What triggers me to use nicotine?

4. What can I do when I get the urge to use nicotine?

5. What will be in my "emergency kit?"



6. Who is in my support group?

- From work?

- Outside of work?

7. How will I create an environment to remain nicotine free?

8. What will I do if I use nicotine after my quit date?

9. What is my goodbye message to my nicotine?

10. What is my quit date? (Put it on your calendar.)

11. When will I make my provider's appointment to discuss my quit plan and treatment options?



GET READY: KICK-OFF TO QUIT USING TOBACCO

Prepare for success

Even if you've never tried to quit before, there are ways you can raise your chances of success. First, you have to get **READY:**

Reasons to quit:

- Think about what's good about not using tobacco:
 - Better health
 - Save money, etc.

Encouragement from others:

- Get support from others. Talk to:
 - Your family
 - Friends
 - Co-workers
 - Provider
 - Phone quit line
 - Support group

Research shows that getting help boosts your odds of success.

Anticipate the next steps: Be prepared!

- Figure out what will give you the urge to use tobacco and what you'll do to overcome it:
 - Call a friend
 - Go for a walk
 - Use a nicotine replacement or medication
 - Carry hard candy to suck on
- What will you do if you "slip up" and use nicotine?
- If someone else at home uses nicotine and does not quit with you, can you make a nicotine-free zone in the house?

Provider support is important. Be sure to talk to your provider about what may help you quit.

- Research shows nicotine replacement medicines can double or triple your chances of quitting.
- Only 3% to 5% of nicotine users are able to quit on their own without treatment.
- A tobacco user is more likely to quit by knowing his or her "lung age." You can ask your provider to do a lung-function test. It will compare how well your lungs work with those of an average healthy person.
- Again, find out how a nicotine replacement medication can help you.

You set the time: You have to decide that quitting is what you want and commit to it. Then, set a date to quit.

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If you've tried quitting before, you know how hard it can be. That's because the nicotine in tobacco is an addictive drug. Medical guidelines suggest treatment that includes both medication and behavioral counseling. By joining the Beat the Pack™ program, you will get help that may make the path to quitting tobacco easier. Also, under our current tobacco cessation benefit, you may be qualified for a nicotine-replacement medication. Talk to your provider to see which medication is right for you.

Most people who quit have tried more than once, so don't feel discouraged if you've tried before. In fact, past attempts make your chance of success better this time. After a previous attempt, you know what works and what doesn't.

Make a quit plan

- Write a quit plan that has the above information. If you've tried quitting before, include what helped and what didn't.
- Once you're READY, set a date when you will quit – in two weeks or less, and then do it! On your quit date, do not use even a little tobacco. If you cannot stop on your quit date, pick another day and try again.