BE A QUITTER

TOBACCO CESSATION PROGRAM OPTIONS

***Be a Quitter* is a program designed to help you cut back and quit using tobacco products.**

Below is an outline of the *Be a Quitter* program options. Contact your provider to discuss tobacco treatment medication/Nicotine Replacement Treatment options that support your success with quitting.

OPTION 1 One-on-One Telephonic Coaching

You will participate in at least 4 collaborative telephonic coaching calls over an 8-week period. The *Be a Quitter* program is based on established behavior change techniques designed to set you up for success. Your Health Coach will support you in creating an individualized plan to cut back and quit tobacco.

OPTION 2 Self-Paced *8-Step Be a Quitter* on CareHere Connect 2.0

Your provider will enroll you in this 8-week online program where you will watch one recorded video per week, take a quiz and follow along with your *Be a Quitter* workbook. You'll meet with a health coach at least twice, at targeted times, to support you on your quit journey.

OPTION 3 Live Group Workshop

This series of 8 onsite classes will support and guide you through the change process of quitting tobacco. The group setting and program facilitator provide a supportive environment to encourage behavior change.

- Groups meet for 8 consecutive weeks for approximately one hour per week.
- Group workshops are scheduled by client request. You can check with your health coach or employer to find out whether a workshop is starting near you.

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