



Congrats on deciding to quit smoking!

Boost your chances of success by making a simple quit plan.

You've decided to ditch the cigarettes, and that's terrific. Now you're ready to make a quit plan. Just follow these seven steps and you'll be well prepared for any challenges along the way and more likely to succeed.

1 Pick a quit date.

Choose a date that's in the next two weeks so you have time to get ready. Add it to the calendar in your smartphone so you don't forget. If you haven't already done so, schedule your next visit with your health coach on LiveHealth Online on or just after your quit day.

2 Decide why you want to quit.

Make a list of reasons for quitting. This can include:

- Improving your health
- Saving money
- Smelling better
- Being there for your loved ones

3 Know your smoking triggers.

A trigger is something that makes you want to smoke. It could be stress, having coffee or being around certain people. Choose the triggers that affect you the most and try to avoid them or think about how you'll deal with them so you're less tempted to smoke.

Social triggers	Emotional triggers	Habitual triggers
<input type="checkbox"/> Going to a party	<input type="checkbox"/> Stress	<input type="checkbox"/> Watching TV
<input type="checkbox"/> Hanging out at a bar	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Drinking alcohol or coffee
<input type="checkbox"/> Seeing others smoke	<input type="checkbox"/> Loneliness	<input type="checkbox"/> Driving
	<input type="checkbox"/> Feeling down	<input type="checkbox"/> Talking on your phone
	<input type="checkbox"/> Boredom	<input type="checkbox"/> After a meal
	<input type="checkbox"/> Arguing	<input type="checkbox"/> Taking a break
		<input type="checkbox"/> After sex

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Get ready to fight cravings.



Cravings usually last only 5 to 10 minutes, but it might feel like a long time when you want to smoke. Here's how you can beat different types of cravings:

Do you smoke to:	Try this to fight the craving:
Keep your hands and mouth busy?	<ul style="list-style-type: none"> • Hold a straw and breathe through it. • Keep your hands busy with a coin or paperclip.
Relax, relieve stress or feel better?	<ul style="list-style-type: none"> • See a movie with friends. • Listen to some of your favorite tunes. • Try deep breathing or exercise to calm down. • Talk with friends, family or a counselor. • Treat yourself to something special with the money you save by not buying cigarettes.
Get a quick boost?	<ul style="list-style-type: none"> • Exercise on a regular basis. • Eat healthy snacks during the day. • Get plenty of sleep so you're not tired during the day.
Avoid feeling anxious or irritable?	<ul style="list-style-type: none"> • Use nicotine replacement therapy (NRT) such as gum, lozenges or patches to relieve withdrawal symptoms. • Talk to your doctor about NRT and what makes sense for you.
Keep your mind occupied and stay busy?	<ul style="list-style-type: none"> • Make a to-do list so you can stay busy when you feel a craving. • This can include chores, errands or checking your email or text messages.

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Get rid of things that remind you of smoking.



Before your quit day, remove smoking reminders in your car, home or workplace. Here are some things you can do:

- Wash your clothes and car so they don't smell like cigarettes.
- Throw away matches, ashtrays or cigarette butts. Replace them with things to fight cravings, such as nicotine gum, straws or a list of chores.
- The night before your quit day, dispose of everything related to smoking. Avoid hiding a pack of cigarettes at home or in other places.





For an online version of this quit plan, visit **Create My Quit Plan** on smokefree.gov.

6 Get help to quit smoking.

Check out smokefree.gov/tools-tips for links to tools and resources to help you quit smoking:

Tool or resource:	How it can help you:
SmokefreeTXT text messages	Sign up at smokefree.gov/smokefreetxt to get messages with tips and encouraging thoughts.
Smokefree apps	Keep track of cravings, your progress and ways to quit smoking.
SmokefreeUS Facebook	Check out this Facebook page for support and information.
Quit lines	Call the National Cancer Institute or a state quit line for info and help: <ul style="list-style-type: none"> National Cancer Institute: 1-877-44U-QUIT (1-877-448-7848) Find a state quit line: 1-800-QUIT-NOW (1-800-784-8669)
National Cancer Institute LiveHelp	Have an online chat with a smoking cessation counselor Monday through Friday, from 8 a.m. to 11 p.m. ET. Visit the NCI LiveHelp page to chat with a counselor.
Information on nicotine replacement therapy (NRT)	Visit smokefree.gov to learn about NRT and how it can help you.

7 Let your family and friends know.

Get support from your loved ones by telling them that you're quitting. You can even invite a friend to quit with you.

We wish you the best with your quit plan. You've got this!

Source: smokefree.gov website, *Create My Quit Plan* (accessed June 2018): smokefree.gov/build-your-quit-plan.

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