

LIVESMART

QUITTING TOBACCO STARTS NOW.
CREATE YOUR PLAN TO IMPROVED
HEALTH AND BETTER LIVING.

HOW IT WORKS



1. Live Tobacco Free is designed to assist you in creating your plan to quit tobacco
2. Enroll at your workplace with your Ambassador or contact LIVESMART
3. A LIVESMART Health Coach will work with you to create your plan to quit tobacco

GETTING STARTED

- ☐ **COMMIT TO QUIT** Complete My pledge Form and enroll in the LIVE Tobacco Free Campaign. Submit to your onsite Ambassador or LIVESMART
- ☐ **ENGAGE IN SUPPORT**
 - ☐ Connect with your LIVESMART Health Coach who will assist you in developing your LIVE TOBACCO FREE quit plan and monitor your progress by connecting 4-6 times throughout the year
 - ☐ Identify health resources that will support you in this journey of becoming TOBACCO FREE
 - ☐ Connect with family members, coworkers and others who are interested in joining you, or supporting you on this journey
- ☐ **IDENTIFY WHY YOU WANT TO QUIT**
 - ☐ Have more control over my life
 - ☐ Reduce my chance for heart attack & stroke
 - ☐ Reduce my chance for lung cancer, emphysema
 - ☐ Save Money
 - ☐ Have better smelling clothes, hair, breath, home, & car
 - ☐ Have more energy
 - ☐ Be able to breathe better & have fewer colds
 - ☐ Be a good example to my children/grandchildren

* If you and your household are TOBACCO FREE for 12 months, you are eligible for a 12.5% reduction of your medical premiums through O'Neal Industries.

CHOOSE YOUR METHOD

WHEN CHOOSING TO QUIT TOBACCO AND SELECTING YOUR QUIT METHOD, PLEASE CONSULT WITH YOUR HEALTH CARE PROVIDER/PHYSICIAN.

- ☐ **COLD TURKEY**
Discontinue using tobacco on your own, relying on inner strength to abstain from this nicotine addiction.
- ☐ **GRADUAL REDUCTION**
Decrease tobacco (cigarettes, cigars, dip) over time.
- ☐ **NICOTINE REPLACEMENT AIDS**
Reduce nicotine cravings and ease symptoms of withdrawal through nicotine replacement aids, to include gum, lozenges or patches.
- ☐ **MEDICATION**
Prescription medication is available (as coordinated with your health care provider) to increase the sense of well-being and reduce cravings. Either Zyban® or Chantix® is available and requires a prescription from your health care provider/physician.

YOUR QUIT DAY CHECK LIST:

WE CHALLENGE YOU TO CONTINUE EACH OF THESE DAILY.

- ☐ Get rid of ALL cigarettes/dip and ashtrays/spit cups in your home, car and workplace
- ☐ Ask your family, friends, and coworkers for support and call/text them when needed
- ☐ Stay away from other tobacco users and designated smoking/tobacco areas
- ☐ Breathe in deeply through your nose and exhale through your mouth when you feel the urge
- ☐ Make a 10 minute playlist to distract yourself through a craving
- ☐ Drink water with lemon or lime
- ☐ Chew on a toothpick, sugarless gum or eat sunflower seeds, carrots, celery sticks, or popcorn
- ☐ Go for a jog, walk or climb a couple flights of stairs
- ☐ Post your reasons for quitting in areas you see frequently and where you smoke
- ☐ Start a LIVE TOBACCO FREE jar and deposit money you would have spent on tobacco

4 TYPES OF TRIGGERS

TRIGGERS ARE THINGS THAT MAKE PEOPLE WANT TO SMOKE.
IDENTIFY YOUR TRIGGERS AND MAKE A PLAN FOR MANAGING THEM.

EMOTIONAL

Most people smoke when they have intense emotions

- Stressed
- Bored
- Anxious
- Excited

PATTERN

An activity you connect with smoking

- Driving
- Phone Calls
- Work Break
- After a meal

SOCIAL

Usually includes others smoking in a social setting

- Being with others that smoke
- Parties and Events

WITHDRAWAL

Your body is used to smoking and getting a regular dose of nicotine

- Craving the taste
- Smelling Cigarette Smoke

IMPROVE YOUR HEALTH

TIME LINE AFTER QUITTING



YOU ARE NOT ALONE!

PRACTICE THE 4 D'S WHEN A CRAVING HITS



DEEP BREATHS

Take 10 slow deep breaths and review the reasons you want to quit



DRINK WATER

Keep a large cup of ice water nearby. Drink water regularly



DO SOMETHING

Stay busy with work and activities to keep your mind and body engaged



DELAY

Delay reaching for tobacco for 10 minutes and the craving will subside

USE THESE HELPFUL RESOURCES

SMOKEFREE.GOV

Provides support via phone, apps and texting services to increase your chance of success.

BLUE CROSS BLUE SHIELD

888.768.7848 or www.quitnow.net

The Quit for Life program is for ONI plan members. It offers supportive phone calls and nicotine replacement therapy free of charge to you.

LIVESMART

Do not hesitate to contact LIVESMART with any questions or for support
www.livesmartoni.com | 888.501.1252 | livesmart@onealind.com

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