

# TOBACCO CESSATION



It takes the average tobacco user 7 attempts to fully quit, making ongoing support critical. This 8-week group course provides the tools and resources needed to quit using all forms of tobacco. With support from an EHG Health Coach and their peers, program participants will learn how to prepare to quit, manage withdrawal symptoms, identify and deal with triggers, and manage relapses.

- ✓ This is an **8-week group course**
- ✓ The program instructor will work with clients and participants to find the best time to host sessions.
- ✓ Sessions last **30 minutes**
- ✓ Classes are interactive and participation is encouraged to share successes and struggles
- ✓ Classes led by an EHG Health Coach trained through the American Lung Association
- ✓ Program content, including a manual, is distributed to participants
- ✓ This program satisfies Reasonable Alternative Standards for tobacco surcharges and can be offered to employees, spouses and adult dependents
- ✓ Program planning and promotion as well as attendance/incentive management is included
- ✓ Pre- and post-program surveys administered and aggregated results shared

## SYLLABUS

- Week 1** - Overview of Program
- Week 2** - Preparing to Quit & Making a Plan
- Week 3** - Determining Triggers and Dealing with Them
- Week 4** - Benefits of Quitting
- Week 5** - Set a Quit Date and How to Handle Social Situations
- Week 6** - Exercise, Healthy Eating and Stress Management
- Week 7** - Symptom/Relief of Recovery
- Week 8** - Dealing with Slips