



# TOBACCO-FREE ME — PROGRAM OUTLINE (6 MODULES)

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## Introduction

In this program you will have access to informational articles and short interactive online courses that will help you understand more about your journey toward greater health and wellbeing. At the end of each module, you'll be asked a series of wrap-up questions to help determine how well you have absorbed the materials.

For the most effective learning experience, all current articles, online courses and wrap-ups should be completed before starting the next module. Completion of these items will advance you to the next learning module and ultimately to finishing the program.

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### NOTE ABOUT ASSET HEALTH ONLINE COURSES:

- Online courses are found on your employer's Asset Health wellness website. Each one takes about 15 minutes to complete.
  - All online courses must be completed with a test score of 80% or better.
  - You can retake online courses and tests unlimited times until scoring 80% or better.
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### NOTE ABOUT READINESS TO QUIT:

- ***Even not-ready-to-quit participants can benefit in the future*** from this program info.
  - ***Program follow-through directly correlates with success:***
    - Complete 1 or 2 assignments each week, to be ready for the next Learning Module
    - If you tried to quit and failed, examine where you cut corners with these ***Essentials for Quitting:***
      - 1) ***Nicotine Addiction Education***
      - 2) ***Plan to Quit***
      - 3) ***Support System***
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## Learning Module 1

- **Article** — 00-Welcome Letter
- **Article** — 00-Program Outline (6 Modules)
- **Article** — 0a-Alternative Nicotine Delivery Systems
- **Article** — 1a-Thinking About Quitting
- **Worksheet** — 1b-Participant Evaluation
  
- **Wrap-Up 1** (to review Learning Module 1)
  
- ***(if applicable)*** **Coaching Call 1** (to discuss Learning Module 1)



- **Optional**
  - **Factsheet** — 1bw-Chewing Tobacco
  - **Factsheet** — 1bx-Physical Benefits of Quitting Tobacco/Nicotine
  - **Factsheet** — 1by-Chewing Tobacco Dependence Survey
  - **Factsheet** — 1bz-Cigarette Smoking Dependence Survey

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## Learning Module 2

- **See Dr. (or at least set appt.) for NRT before Module 2** (*remember to take “Physician’s Letter”*)
- **Online Course** — “TFM – Preparing to Quit”
- **Article** — 1c-Stress Management
- **Worksheet** — 1d-My Reasons for Quitting Tobacco/Nicotine
- **Article** — 1e-Medications (NRT)
- **Worksheet** — 1f-My Tobacco/Nicotine Use Log
- **Article** — 1g-S.M.A.R.T. Goals
- **Article** — 1h-Physician Letter
- **Article** — 2a-Motivate Toward a Quit Date
  
- **Wrap-Up 2** (to review Learning Module 2)
  
- *(if applicable)* **Coaching Call 2** (to discuss Learning Module 2)

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## Learning Module 3

- **Set Quit Date to occur just before Module 3**
- **Online Course** — “TFM – Quit Day and Beyond”
- **Worksheet** — 2b-My Reasons for Using Tobacco/Nicotine
- **Article** — 2c-Withdrawal Symptoms
- **Worksheet** — 2d-My Barriers to Quitting
- **Article** — 2e-As Your Quit Day Approaches
- **Worksheet** — 2f-My Triggers and Responses Log
- **Article** — 2g-Resources and Support
- **Article** — 3a-Quit Day and Beyond
  
- **Wrap-Up 3** (to review Learning Module 3)
  
- *(if applicable)* **Coaching Call 3** (to discuss Learning Module 3)
  
- **Optional**
  - CONSIDER CHECKING OUT: SmokeFree.gov  
[smokefree.gov](http://smokefree.gov)
  - CONSIDER CHECKING OUT: Kill the Can  
[killthecan.org](http://killthecan.org)
  - CONSIDER CHECKING OUT: Smoking Support Chat Group



[smoking.supportgroups.com](http://smoking.supportgroups.com)

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## Learning Module 4

- **Online Course** — “The Effects of Smoking”
- **Article** — 4a-Slips and Relapses
  
- **Wrap-Up 4** (to review Learning Module 4)
  
- **(if applicable) Coaching Call 4** (to discuss Learning Module 4)
  
- **Optional**
  - CONSIDER CHECKING OUT: Voices of Nicotine Recovery  
[voicesofnicotinerecovery.com](http://voicesofnicotinerecovery.com)
  - CONSIDER CHECKING OUT: Nicotine Anonymous  
[nicotine-anonymous.org](http://nicotine-anonymous.org)
  - CONSIDER CHECKING OUT: WebMD  
<http://exchanges.webmd.com/smoking-cessation-exchange>
  - CONSIDER CHECKING OUT: Smokers Anonymous  
<http://www.recovery-world.com/Smokers-Anonymous.html>
  - CONSIDER CHECKING OUT: 1-877-YES-QUIT  
[yesquit.org](http://yesquit.org)

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## Learning Module 5

- **Review**
  - **Worksheet** — 1d-My Reasons for Quitting Tobacco/Nicotine
  - **Article** — 2c-Withdrawal Symptoms
  - **Worksheet** — 2f-My Triggers and Responses Log
  - **Article** — 2g-Resources and Support
  
- **Wrap-Up 5** (to review Learning Module 5)
  
- **(if applicable) Coaching Call 5** (to discuss Learning Module 5)
  
- **Optional**
  - CONSIDER CHECKING OUT: 1-800-QUIT-NOW  
<http://smokingcessationleadership.ucsf.edu/1800QuitNow.htm>
  - CONSIDER CHECKING OUT: Guide to Quitting Smokeless Tobacco  
<http://www.cancer.org/cancer/cancercauses/tobaccocancer/smokeless-tobaccoandhowtoquit/smokeless-tobacco-and-how-to-quit-toc>



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## Learning Module 6

- **Article** — 5a-Resources and Support
- **Review**
  - **Other healthy habits**
    - Regular Exercise
    - Good Nutrition
    - Sleep Hygiene
    - Stress Reduction
- **Wrap-Up 6** (to review Learning Module 6)
- *(if applicable)* **Coaching Call 6** (to discuss Learning Module 6)
- **Optional**
  - CONSIDER CHECKING OUT: My Plate  
[choosemyplate.gov](http://choosemyplate.gov)
  - CONSIDER CHECKING OUT: American Heart Association  
[http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity\\_UCM\\_001080\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp)
  - CONSIDER CHECKING OUT: U.S. Dept. of Agriculture  
<http://www.usda.gov/wps/portal/usda/usdahome>
  - Try a new vegetable
  - Learn a new joke
  - Consider a new healthy habit

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## Program Completion

- **Final Wrap-Up** (to review overall progress and program satisfaction; *required to complete program*)