

Want To Quit Tobacco?

QuitSmart Classes

Prepares you both mentally and physically to break old habits and start healthy new ones. We will help you identify and conquer your challenges in quitting tobacco and prepare a solid foundation for lifelong success.

Topics Include:

- Tobacco Addiction
- Tools & Tips
- Personal Quit Plans
- Nicotine Replacement Therapies
- Medications
- Coping Skills
- Stress Management
- Exercise & Activities
- Withdrawal Symptoms
- Relapse
- Nutrition
- Recovery

QuitSmart on the Weekend

One Day Sessions - 9am to 1pm

**Tacoma Classes • Allenmore Hospital, Conference Room B
Saturday, September 25th**

**Puyallup Classes • Good Samaritan Hospital, Baker Room
Saturday, October 23rd**

**Program Fee: MultiCare Employees - no cost & Community Members - \$25
Call 800.485.0205 to reserve your space.**

Washington Tobacco Quit Line

Call the Washington Tobacco Quit Line toll-free at 1-800-QUIT-NOW (784-8669) to speak with a trained “quit coach” about how you can double your chances of quitting. You don’t have to do it alone.

Free services you’ll receive:

- Private counseling and support
- Advice on designing your own quit plan
- Help deciding about products and medications that can help your quit be easier and more successful
- A tobacco quit kit full of information about how to quit and stay quit

**Tobacco Quit Line hours Monday-Sunday: 5 a.m. to 9 p.m.
If you call other times, we’ll call you back.**

Prefer online? Visit www.quitline.com to get tips on quitting, hear a sample call and meet the quit line specialists. You can also Click to Call to schedule a quit coach to call you.

Washington State Department of Health

Tobacco Quit Line

1-800-QUIT-NOW

toll-free

1-800-784-8669

QUITLINE.COM

MultiCare 

BetterConnected

⋮ Center for Healthy Living

Tobacco Free Steps to Success

To support employees in their efforts to quit tobacco, MultiCare Health System offers an annual \$300 pharmacotherapy benefit voucher. If you plan on utilizing cessation medication to assist in your quit, this voucher may be helpful in covering costs. To receive a copy of this voucher or for Quit Plan assistance, visit www.mchlhealthyatwork.org or contact Liesl Santkuyl at liesl.santkuyl@multicare.org or 253.403.1401. Quitting tobacco may take multiple attempts—don't get discouraged—YOU CAN DO IT!

For further assistance, and to create a Quit Plan, utilize local resources including:

- The Washington State QuitLine (see front side of flyer for contact information)
- MultiCare's Employee Tobacco Cessation Specialist (see above).

STEP 1-MEDICATION TO HELP and VOUCHER

Decision: Medication or No?

Decision: Over the Counter Medications or Prescription Medications?

Action: Go see your provider for prescription and/or get a voucher for medication

- Make an appointment with your medical provider if you plan to use prescription medications to assist in your tobacco cessation efforts (prescription medications include Chantix [Varenicline], Bupropion [Zyban], Nicotrol Inhaler, Nicotrol Nasal Spray).
- During your appointment ask for support from your medical provider. Support can include obtaining cessation resources and a prescription for medications (this prescription is required for you to utilize your \$300 pharmacotherapy benefit if you are requesting prescription medications with your voucher).
- If you are not planning on using prescription medication you are not required to see a medical provider. You can use the voucher to redeem non-prescription cessation products (non-prescription medications include patches, gums or lozenges) at any of the pharmacies listed on the voucher.

STEP 2-SET QUIT DATE

- Set a quit date that is a non-stressful date. This date can be at the beginning of a week or month or it can be a significant date in your life (such as a family member's birthday, anniversary date, etc.). If you plan on seeing your medical provider, set your quit date after this visit and discuss it with him/her during your visit.
- Whether you see a medical provider or not, you need to plan for success ahead of time and get ready.
- To help with your success, throw away all tobacco related materials prior to your quit date and prepare yourself mentally, emotionally, and physically. Write down reasons for quitting, intentions, and plans to keep on track.
- Plan for support, coping mechanisms, quit strategies, and short term and long-term rewards—ask for help if this feels too difficult to do by yourself.
- Pick up your medication and begin taking it as directed (some medications begin before the quit date).

STEP 3-DO IT!

- Stick to your plan.
- Seek help and support—it can really help.
- Reward yourself for success!