



CareHere!

BE A QUITTER.

Tobacco Cessation Program Options

Be a Quitter is a program to support participant's efforts to quit using tobacco products.

Below is an outline of the Be a Quitter program options. With each of these options participants will be offered the opportunity to make an appointment with their CareHere provider to discuss tobacco treatment medication options that support tobacco cessation success.

Option ①

Live Group Workshops

This series of 8 onsite classes will support and guide participants through the change process of quitting tobacco.

- Groups meet for 8 consecutive weeks for approximately one hour per week and have an added benefit of providing direct interaction with the program facilitator and support from group members.
- Group workshops are scheduled by client request. Patients can check with their health coach about the availability of a group.

Option ②

Self-Paced Program- CareHere Connect 2.0 online and email**

This program option begins with the tobacco cessation plan in CareHere Connect 2.0. The steps in this plan help prepare a patient for a successful quit process and requires a telephonic visit with a health coach. The program continues via email templates structured to mirror the components of the Live Group Workshops and additional coach contacts are encouraged.

Participants will work through 7 of the program's 8 workshops, (excludes the first workshop as that information will be covered in CareHere Connect 2.0 and initial telephonic consult with a health coach). Participant responds to coach via email after each workshop per emailed instructions.

- Participants will receive materials to complete weekly assignments.
- Coach will conduct one required telephonic consult with two additional consults recommended based on patient expressed need.
 - Initial consult to discuss program process, medication options, quit plan, incentive requirements and details, if applicable.
 - Follow-up consult when patient receives step 5 (quit day workshop)
 - Closing consult to assess quit status, celebrate success, discuss relapse prevention, provider follow-up visits or need for relapse intervention. *Additional consults can be scheduled at patient request.*

Option ③

Self-Paced Program- One-on-One Telephonic Coaching

Tobacco Cessation one-on-one coaching is an option for participants who can neither attend a group workshop nor have the computer skills or access to complete the tobacco cessation program electronically.

Participants will receive the same information as in Options 1 and 2 but this is done through telephonic support with a Health Coach. Materials will be sent to participants containing helpful information and weekly homework assignments to support the tobacco cessation process.



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Coach will conduct 4 telephonic sessions- approximately 2 weeks apart

- Consult 1 - Be a Quitter Workshops 1 - 2
 - Nicotine addiction education
 - Medication options
 - Motivations to quit
 - Triggers
 - Develop quit plan strategy and set quit day
- Consult 2 - Be a Quitter Workshops 3 - 4
 - Discuss success of quit plan to date
 - Assess quit support
 - Discuss coping with cravings and withdrawal
 - Stress reduction techniques
 - Finalize medication plan
- Consult 3 (2 days to 1 week post quit day) - Be a Quitter Workshops 5 - 6
 - Tweak quit plan. What is working/not working?
 - Assess medication compliance
 - Address grief/loss; mitigating weight gain strategies
 - Cognitive coping skill/behavioral coping skill
 - Slip vs. relapse
- Consult 4 - Be a Quitter Workshops 7 - 8
 - Celebrate success
 - Provider follow-up
 - Relapse prevention
 - Quarterly quit anniversary follow-up

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