Quit Tobacco

Self-Care Guide



Thinking about quitting? IEHP is here to support you. No matter how you use tobacco – by chewing, vaping, smoking or something else… this guide is for you.

Whether this is your first time trying to quit, or you have tried many times in the past, don't give up! It can take many attempts for some people.

Having a plan can help lead you to success. This guide will help you put a plan together and give you helpful tips to quit for good.



Your Why

Name at least one or two reasons why quitting is so important to you. Repeat these to yourself when quitting gets tough. You may even want to hang this list somewhere you can see it every day.

Example:

To be a better role model for my kids.

To lower my risk of cancer.

To have more money for a new car.

My reasons to quit tobacco are:

_____

_____

_____

_____

_____

What does "tobacco cessation" mean?

It means quitting tobacco. Nicotine, a chemical in tobacco products, is addictive. The withdrawal (or craving) of nicotine can make quitting hard. So, quitting is a combination of…

- Controlling your nicotine cravings until they go away
- Changing your habits so tobacco is no longer a part of your life

There is no one "right way" to quit. You can choose to quit many ways – such as cold turkey, lowering your use over time or taking medicine. But there are some methods of quitting that have been shown to be more successful. **We'll outline those here.**

Four key components to a successful quit:

1 Medicine:

- Nicotine Replacement Therapy (NRT) gives nicotine without the harmful chemicals found in tobacco. One of these may help lower your urge to smoke (or use other kinds of tobacco) and help you handle withdrawal.

Medicine: *(continued)*
Options can include gum, patches, lozenges, inhalers and/or nasal sprays.

- Other prescription medications can be prescribed in some cases.

Cessation Medicines
are often a covered IEHP benefit. Talk to your doctor about getting the right prescription medicine for you.

2 Your Doctor's Support and Guidance:

- Your doctor can help you decide the right medication to help you quit AND give you a prescription for it.
- They can also help connect you to quitting programs and other resources.

3 Counseling Programs

- Meet with a cessation expert to help you quit.

4 Family, Friends and Co-Workers

- The people close to you can support and celebrate you along the way!



Prevent Lung Cancer

Using tobacco products can lead to lung cancer over time. It's important to get a lung cancer screening if you are a current or former smoker for at least 15 years.

Ask your doctor if you may qualify for the screening, which can show early signs of lung cancer before you have symptoms.

Changing Habits:

Triggers are things that make you want to use tobacco. Some common triggers are…

- Stress
- Others smoking
- After a meal
- Boredom
- Alcohol
- Driving



What are some of your triggers?

Now, let's think about some ways you can change this habit to take tobacco out of it.

Maybe you…

- Drive a different route
- Call a friend when you're stressed
- Take up a new hobby
- Chew gum after you eat

What else can you think of?

The 3 Ds when a craving hits:

1. **Delay.** Do something else for 10 minutes. Repeat if needed.
2. **Deep breaths**
3. **Drink water**

Remember – the urge will pass whether you give into the craving or not.



Thoughts are powerful!

Empower yourself with positive ones:
On your quit date, see yourself as a new person.

Practice your new self-talk
"I am a non-smoker."
"I am a non-vaper."

If someone offers you a cigarette or tobacco product, instead of saying "No thanks, I'm trying to quit."
Say "No thanks, I don't smoke."

Setting a Quit Date:

It helps to choose a firm date that you will become a non-tobacco user. When you're ready, pick a date within the next month.

Some people choose a date with special meaning like a birthday or an anniversary. But it can be any date that works for you.

Circle the date on your calendar and start getting ready!

Preparing:

- If you are going to use a medication, make sure you have it ahead of time. Make sure you know when to begin using it.
- Throw away all your tobacco-related items.
- Stock up on things like sugar-free gum, hard candies, snacks, and fidget toys.
- Get your support network ready.

IEHP
Inland Empire Health Plan

My Quit Plan



Use this guide to create your own Quit Plan!

Fill in each portion of the plan. Then use your plan to discuss quitting with your doctor and hang it somewhere to remind yourself of your goal every day!

How do I plan to quit?	• I plan to use Nicotine Replacement Therapy - Patch, gum, lozenge, inhaler or spray. • I'd like to explore other prescription medications. • I plan to get support from my doctor or pharmacist. • I plan to use tobacco cessation counseling. • I plan to tell my family, friends and co-workers.
My triggers	• When I am hungry • Alcohol • Boredom • Others smoking • After eating • While I drive • In the morning • Stress • Others: • When I have a craving
My new habits/ways to cope	• Take a different driving route. • Breathe deeply. • Delay for 10 minutes. • Do something else. • Learn new ways to deal with stress. • Drink water. • Others: _____
My quit date	
Things I will do to prepare	
My readiness to quit	• I am ready now. • I think I'll be ready in the next few months. • I'm not sure. I'm not ready now.
My resources	• Visit my doctor. • Contact Kick It CA. • Contact other resources I need. • Take a Stress Management class. • Other: _____

Resources

Other IEHP Health and Wellness Resources

Access more than 20 different resources at **iehp.org/stopsmoking.**

You can also call IEHP Member Services at **1-800-440-IEHP (4347)** Monday-Friday, 7 a.m.-7 p.m., and Saturday-Sunday, 8 a.m.-5 p.m. TTY users should call **1-800-718-4347**.

Health Education Programs and Classes

IEHP offers programs and classes to improve your physical, mental and social well-being.

To sign up for classes, coaching and more, call IEHP Health Education at **1-866-224-4347**, Monday-Friday, 8 a.m.-5 p.m. TTY users should call **1-800-718-4347**.



Scan
to log into the IEHP Member Portal and view our class calendar.

Kick It California + IEHP Health Education

Double Your Chances of Quitting for Good!

If eligible, IEHP members can get a **NO COST** two-week starter kit of nicotine replacement therapy (NRT) and counseling services.

Members can call the Kick It California helpline today at **(619) 866-0625** or visit **https//kichealth.org/iehp** to learn more.

Quit coaches are available
M-F, 7 a.m.-9 p.m. and Sat., 9 a.m.-5 p.m.

If you're not an IEHP member, call:

- English: **1-800-300-8086**
- Español: **1-800-600-8191**
- Chinese: **1-800-838-8917**
- Vietnamese: **1-800-778-8440**



What to expect when quitting tobacco

As you begin your quitting journey, you may have some of these common questions shown below. Included are some tips to address your concerns.

What if I gain weight?

Go easy on yourself! It is true – some people may gain weight when they quit. But remember, you are going through a big transition, and quitting is the best choice you can make for your health. Focus on quitting now, and make it a goal to attend to your weight when you can.



Tip: Make exercise part of your day. And if you find yourself snacking more, try to reach for lower calorie options like fresh fruit, sugar-free gum or hard candies.

What if I have a slip-up or relapse?

Slips and relapse (going back to tobacco) can happen.
Quitting often takes many attempts. But you can still be successful.

Number one tip: Don't give up. If you have just one "slip," get right back to being a non-smoker/tobacco user. If you relapse, use it as a learning experience so you can be better prepared to try again.

How can I handle stress when quitting?

You'll need to shift and learn new ways. Take some time to plan ahead for this.
Consider new ways to manage stress, start practicing them, and build them into your Quit Plan so you are prepared. See the Resources section for some ideas about where to get started!

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