

2018

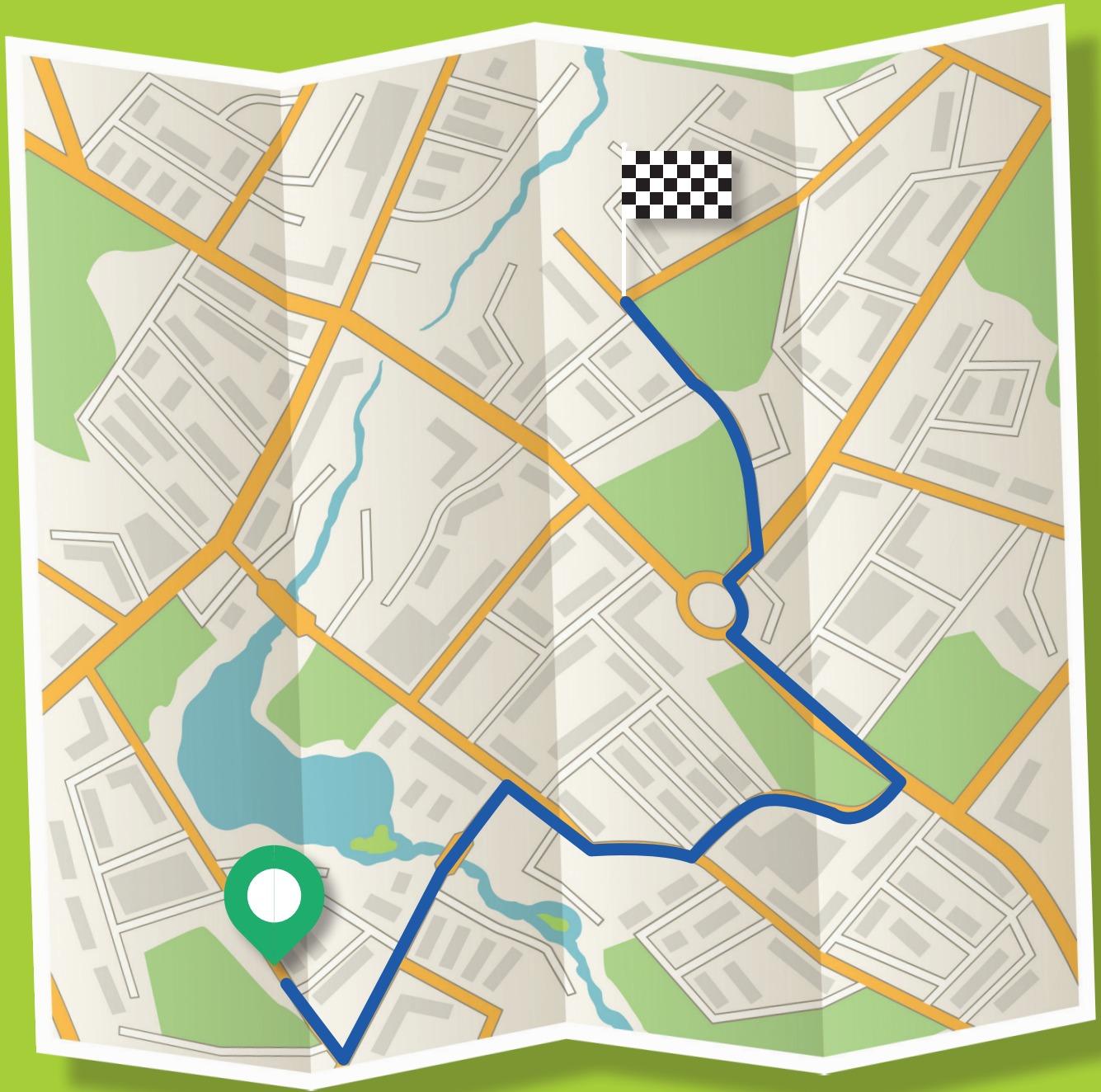
QUIT TOBACCO

Road Map



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Introduction

Quitting tobacco can be a difficult journey; one that seems impossible. However, others have been in this situation. They understood the long-term benefits and succeeded.

This self-help guide is designed to help you reach a tobacco-free life at your own pace. It offers resources and tips to aid you and improve your chances of quitting. Think of it as a road map, where a tobacco-free life is your destination.

Let's get going!

Keys to Quit Tobacco

Quitting tobacco can be easier with the support of your health care provider, family and friends.



Talk to Your Friends and Family

When you decide to quit tobacco, let friends and family know about your plan. Allow them to be your support system during your quit journey. It can be one of the most important steps you take.

Team Up With Your Health Care Provider

Working with a health care provider improves your chances of quitting, compared to trying to quit on your own. Schedule an appointment to sit down with your health care provider and explain your history with tobacco.

Ask your health care provider about nicotine replacement therapies, or other quit tobacco medications, and see if they would be a good fit for you. Using these products can help with withdrawal symptoms and cravings, improving your chances for success.

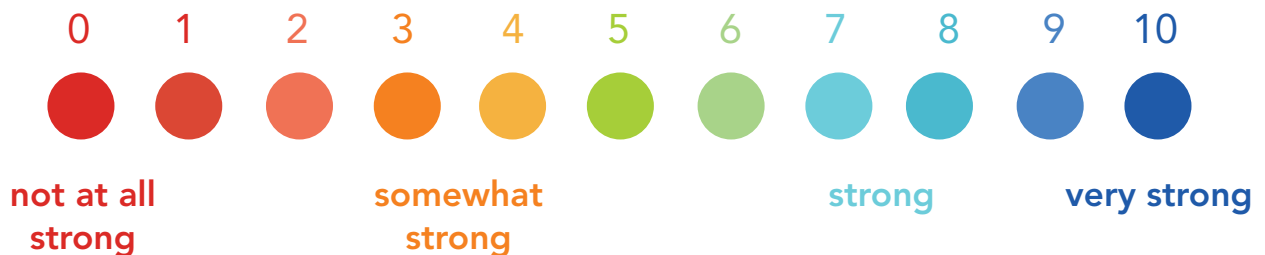


MCHCP plans include 100 percent coverage for preferred, as determined by ESI, generic and brand quit tobacco medications and over-the-counter nicotine replacement therapy with a prescription.

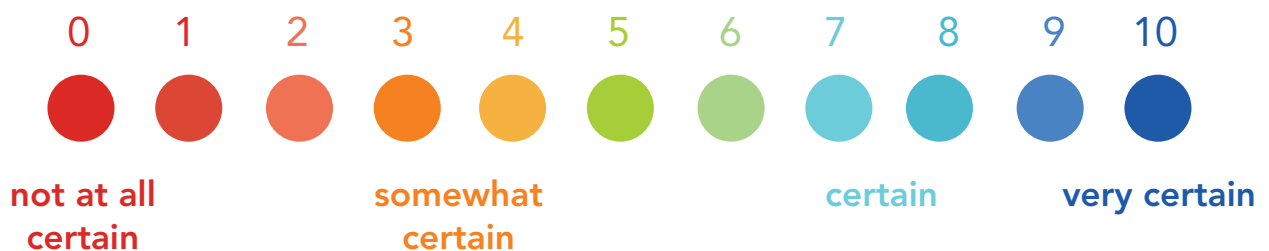
Prepare for Your Quit Trip

Are you ready to quit? This scale can help you determine how strongly you feel about tobacco and how certain you are that you can quit. Take this with you when you meet with your health care provider. Your attitude about quitting tobacco can really power your quit success.

How strongly do you feel about quitting?



How certain are you that you can quit?



Quit Tips

The road to becoming tobacco-free is not always a smooth ride. Be prepared with a quit plan, as it can help you stay on course, overcome nicotine cravings and steer clear of triggers. Here are a few quit tips to help you navigate the rough patches on your journey:

- Grab a water bottle! Staying hydrated on the go is important.
- Keep gum or mints around to help you maneuver through cravings.
- See your dentist to have your teeth cleaned and/or whitened.
- Avoid caffeine and alcohol.
- Snack on fruits, vegetables or sugar-free foods.
- Use toothpicks or straws to busy your mouth and hands.
- Create a tobacco-free zone. Remove all tobacco from your surroundings, even your emergency stash.
- Remove the smell of tobacco smoke from your clothes, home and car.
- Be mindful of places or situations that make you feel like using tobacco. Make an effort to avoid them.
- Include physical activity in your daily routine.
- Think positively. Drive slow and steady, one milestone at a time, to reach your destination.
- When a craving creates a road block, call a family member or a friend for support.

Mark Your Quit Date

Marking your quit date starts your very important tobacco-free journey.

*Select a date at least two weeks away to give you time to prepare.
When you have chosen your date, write it down as a daily reminder.*

MY QUIT DATE IS:

The Fuel to Quit

Motivation is like fuel for your road trip. It helps get you started, and stay going. Use the list below to help fuel your journey. The blank spaces are for you to include additional things that motivate you. Keep your list handy and use it to refuel your decision to quit.

- ☐ I'm confident I want to quit tobacco.
- ☐ My relationships with friends and loved ones are impacted because I use tobacco.
- ☐ I want to improve my health.
- ☐ Quitting will help me save money.
- ☐ I'm planning on having a baby.
- ☐ I feel people judge me because I use tobacco.
- ☐ I spend a lot of time alone when I use tobacco.
- ☐ So many places are now tobacco-free. It's really hard to find a spot to use tobacco.
- ☐ I don't want to expose my family and friends to tobacco.
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Triggers and Roadblocks

Just like a roadblock, a trigger can quickly derail your trip. A trigger can be any habit or situation that encourages you to use tobacco. Simple daily routines, such as having your coffee in the morning or being in a stressful situation, can trigger your desire to use tobacco.

Knowing your triggers can help you maneuver around your cravings and urges. As you map out your quit journey, plan for detours to help when you hit a craving roadblock. Use the chart below to identify emotions or routines that trigger your tobacco urges.

Urge to use tobacco scale:

H – High (Have to use)

M – Medium (Craving but not agitated)

L – Low (Not craving, just habit)

Date:

Time Time of day	Urge to Use Tobacco H - high M - medium L - low	Mood one word such as happy, mad, sad, stressed or satisfied	Activity what you were doing at the time, key words like "with coffee"

Alternative Routes

Behind the Wheel

- Remove lighters, cigarettes, chew or other forms of tobacco from your car
- Listen to music, talk radio or audio books for a distraction
- Clean the inside of your car
- Keep gum, mints, toothpicks or dental flossers handy

Mealtime

- Chew gum or brush your teeth following a meal
- Plan an activity directly following a meal, such as washing dishes, taking a walk or checking e-mail

Coffee

- Change the time or location of where you typically have coffee
- While drinking coffee, do an activity like reading the newspaper or making a grocery list
- Try a new coffee flavor

Recreation and Parties

- Choose a tobacco-free location for socializing
- Try consuming water, tonic, spritzers and other non-alcoholic beverages
- Keep your hands busy by playing darts or cards





Boredom

- Play a quick game on your phone or computer
- Take a brief walk
- Keep your hands busy with crossword puzzles, chess or checkers
- Call or text a support person
- Tackle chores such as dusting, laundry or vacuuming

Friends/Family Who Use Tobacco

- Make your home a tobacco-free zone
- Arrange to meet at tobacco-free places
- Tell your friends and family that you are trying to quit tobacco and ask for their support

Stress & Routines

- Avoid the normal areas that you would take breaks
- Go for a walk instead of using tobacco
- Decrease morning stress by planning for your day ahead of time
- Call a friend or family member to talk you through a stressful situation
- Exercise to increase endorphins and boost your mood
- Practice deep breathing exercises during stressful times

Navigating Nicotine Withdrawal

*Nicotine is an addictive and strong drug. During your quit journey your body will experience nicotine withdrawal, which can be uncomfortable physically and mentally. This is very typical, and **temporary**. Take a look at some common symptoms and how you can navigate through them:*

Symptom	Coping Strategy
Unable to Sleep	Try taking deep breaths, slowly and deliberately. Take a warm bath, read a book or drink warm herbal tea.
Increased Sweating	Take small, frequent drinks of water to help replace fluids and flush out toxins in your system.
Hunger	Drink plenty of water. Stock up on healthy snacks and keep them conveniently located.
Bad Mood	Take a walk or do something you enjoy to try to refocus on why you are quitting tobacco. Reward yourself for quitting tobacco.
Anger	Learn other ways to release anger. Talk it out with a friend or co-worker. Exercise vigorously. Hammer nails into a board.
Anxiety and Restlessness	Try something challenging you have not done before, such a new computer game or physical activity.

Methods of Quitting Tobacco

There are two methods of quitting tobacco: the Stop Cold method and Gradual Stop method. Review both methods below, and think about which one is right for you.

The Stop Cold Method

Also known as “going cold turkey”, this method means quitting tobacco immediately, like suddenly slamming on the brakes. Stopping cold is the quickest way to put withdrawal symptoms in your rear view mirror. As with any method, you’ll need to start making lifestyle changes before your quit date.

The Week Before Your Quit Date

- Make a firm commitment to quit tobacco
- Ask the people in your life to support you
- Make a list of all the reasons that you would like to quit and hang the list in a place where you will see it everyday

The Day Before You Quit

- Get rid of all tobacco products. Run water over them, crush them, or throw them in a large dumpster with no way of retrieving them
- Remove items such as ashtrays, lighters and spit cups
- Stock up on packs of sugar-free gum or hard candy as a substitute

The “Gradual Stop” Method

This method focuses on cutting back tobacco and managing withdraw gradually. Unlike stopping cold, this method lets you apply the brakes gently and reduce your tobacco use over a period of time.

The 7-Day Countdown

Here’s a 7-day countdown to your quit tobacco date. Use the chart below to map out the maximum number of tobacco products you’ll allow yourself each day. Decrease that amount, a little each day. Write your initials in the “Met Goal” section. Think of them as mile markers as you progress toward your goal.

	Date	Max Amount Allowed	Met Goal
Day 7			
Day 6			
Day 5			
Day 4			
Day 3			
Day 2			
Day 1			

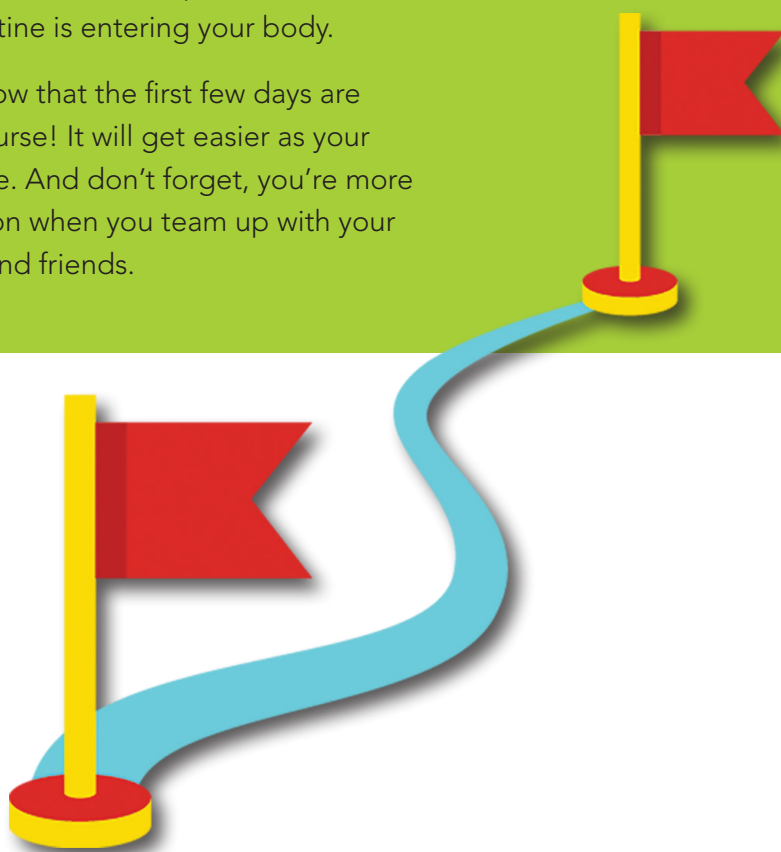
The Night Before You Stop

- Get rid of all tobacco products. Run water over them, crush them, or throw them in a large dumpster with no way of retrieving them
- Remove items such as ashtrays, lighters and spit cups
- Stock up on packs of sugar-free gum or hard candy as replacements for tobacco

Next Steps

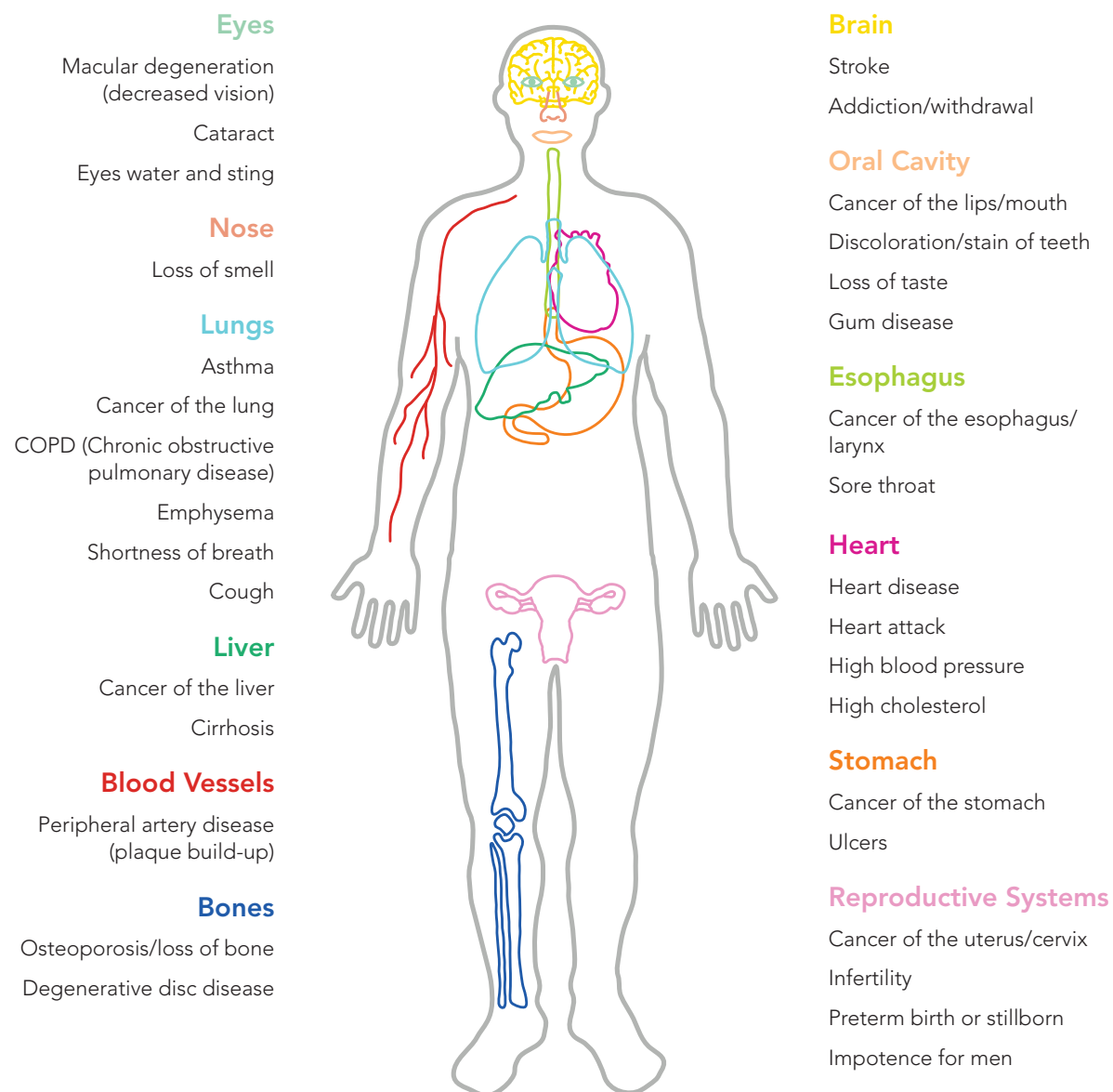
As you decide which path is right for you, remember that tobacco cravings will not go away as fast with the Gradual Stop method as it would with the Stop Cold method. That's because you're reducing the amount of tobacco you use, but are still receiving nicotine. With the Stop Cold method, once you stop, no more nicotine is entering your body.

Whichever path you pick, know that the first few days are the most difficult. Stay on course! It will get easier as your tobacco cravings start to fade. And don't forget, you're more likely to reach your destination when you team up with your health care provider, family and friends.



Health Impacts of Tobacco Use

The effects of tobacco use are serious and can harm nearly every organ in your body.



Health Benefits of Quitting Tobacco

Quitting tobacco is important to improving your health. The benefits of quitting begin 20 minutes after your last tobacco use and continue for years. Here is a timeline of how the body begins to heal:

20 Minutes

Your blood pressure decreases.



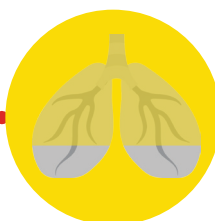
8 Hours

Your blood oxygen levels return to normal.



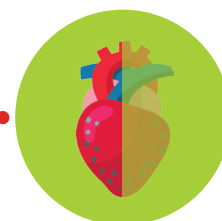
3 Months

Your lung function improves up to 30%.



1 Year

Your risk of heart attack is cut in half.



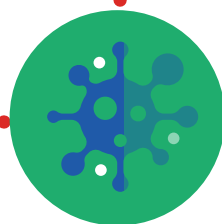
15 Years

Your risk of coronary heart disease is that of a non-smoker's.



10 Years

Your risk of dying from lung cancer is about half that of a smoker's.



5 Years

Your risk of mouth, throat, esophagus and bladder cancer is cut in half.

Financial Benefits of Quitting Tobacco

How much is tobacco really costing you?


Not only does tobacco use affect your health and the health of those around you, but it is time-consuming and expensive. It may surprise you how much money you can save by quitting.

To figure out how much you spend on tobacco: multiply how much money you spend on tobacco every day by 365 (days per year). Now, multiply that by the number of years you have been using tobacco. That amount will probably shock you.


$$\begin{array}{c} \text{SNUS} \\ \text{Cigarettes} \end{array} \times 365 = \$1,916.25$$

\$5.25

Multiply the cost per year by 10 (for the next 10 years) and ask yourself what you would rather do with that much money.


$$\begin{array}{cccc} \text{365} & \text{365} & \text{365} & \text{365} \\ \text{365} & \text{365} & \text{365} & \text{365} \\ \text{365} & \text{365} & & \end{array}$$

\$1,916.25 \times **10 years**

\$19,162.50

This number doesn't include other costs that may come with using tobacco, such as higher medical bills due to tobacco-related health concerns.

Maintaining a Healthy Weight on Your Quit Journey

While quitting tobacco undoubtedly leads to better health, some users worry about gaining weight. These concerns are understandable, as former users, on average, gain six to eight pounds once they quit. Follow these simple tips to successfully maintain a healthy weight.

Choose Low-calorie Snacks

Using tobacco involves hand-to-mouth movements. This habit can turn into frequent snacking after quitting tobacco. Try to keep snacks available that you enjoy, but that won't greatly increase your calorie intake.

Examples of lower calorie snacks include:

- Berries or grapes (also can try frozen)
- Sugar-free gum
- Celery or carrot sticks
- Sliced apple or pears
- String cheese
- Low-fat pudding or sugar-free jello
- Air-popped popcorn
- Light, fat-free yogurt
- Almonds, pistachios or peanuts (dry roasted, unsalted)





Plan Your Meals

Planning ahead can help you make healthy decisions when it comes to snacking and meals. Keep healthy snacks available for when cravings hit, and if possible, pack your lunch. It may be helpful to keep a food journal to make you more aware of what you are eating and when.

Keep Physically Active

Not only will physical activity help you maintain a healthy weight, but it is also great for your heart. Being physically active can help reduce stress, ease withdrawal symptoms, and give an overall sense of well-being.

You are making a great decision to quit tobacco. Keep up the good work by eating healthy and enjoying physical activity. You are on the right track to a tobacco-free life!

Don't Let a Slip Derail You

The journey to quit tobacco isn't always a perfect one. Slip ups can happen, usually within the first 90 days after quitting. On average, it can take more than eight quit attempts before fully ditching the habit.

If you start using tobacco again, don't beat yourself up. Stay positive and realize that a slip helps you learn. Get back on the road and take steps towards quitting again. Ask yourself: what triggered or led to the relapse?

- **Did I get stressed?**
- **Are there certain times of day that are harder than others?**
- **Did I have a tactic in place that didn't work?**
- **What is standing in the way of quitting for good?**



Use this knowledge to stay on track toward a healthy, tobacco-free life.

Celebrate Your Milestones

Everyone deserves a little celebration for their achievements. As you progress toward a tobacco-free life, reward yourself!

If you feel guilty about spoiling yourself—don't! Use the money you would have spent on tobacco to purchase that concert ticket or pedicure. Plus, many rewards are free; you only need to set aside the time to enjoy them.

Try to plan rewards for milestones, such as a week without tobacco, a month without tobacco, and so on. Setting goals like this will give you something positive to look forward to.

More ideas on how to reward yourself for living tobacco-free:

- Sleep in on the weekend
- Hang out with friends
- Splurge on concert or sporting tickets
- Go on a leisurely walk or hike
- Go do a childhood activity: bowling, go carts or putt-putt golf
- Buy equipment for your hobby: a new fishing line, knitting supplies, or even a new grill
- Open a savings account and save for something big like a vacation
- Download a new game to your phone

Relax and welcome the changes to your new life and improved health!

Additional Resources

Strive Employee Life & Family (SELF) Program

The SELF Program, through ComPsych, offers more resources to help you quit tobacco. The program is available to active employees eligible for MCHCP medical coverage and members of their household. To utilize these services, log in to myMCHCP and select the SELF icon, or call Member Services at 800-487-0771.

Missouri Tobacco Quitline

The Missouri Tobacco Quitline is available to anyone in Missouri. Trained quit coaches are available 24 hours a day, seven days a week to help you plan your quit journey. Call 1-800-QUIT-NOW or visit their website at www.quitnow.net/missouri to get started.

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Your Road to Quitting. (2015). Retrieved May 20, 2016, from http://www.learntolivehealthy.org/ltl_pdf/roadmaptoquitting.pdf

Discrimination is Against the Law

MCHCP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. MCHCP does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

MCHCP:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - o Qualified sign language interpreters
 - o Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - o Qualified interpreters
 - o Information written in other languages

If you need these services, contact Shelley Farris.

If you believe that MCHCP has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Shelley Farris

Director of Benefit Administration
832 Weathered Rock Court, PO Box 104355
Jefferson City, MO 65110
Phone/Fax: 573-526-3427
Compliance@mchcp.org

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, Shelley Farris (Director of Benefit Administration) is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW Room 509F
HHH Building Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-487-0771 (TTY: 1-800-735-2966).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。
請致電 1-800-487-0771 (TTY: 1-800-735-2966)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-800-487-0771 (TTY: 1-800-735-2966).

OBAVJEŠTENJE: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite 1-800-487-0771 (TTY- Telefon za osobe sa oštećenim govorom ili sluhom: 1-800-735-2966).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-800-487-0771 (TTY: 1-800-735-2966).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-800-487-0771 (رقم هاتف الصم والبكم: 1-800-735-2966).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다.
1-800-487-0771 (TTY: 1-800-735-2966) 번으로 전화해 주십시오.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-487-0771 (телетайп: 1-800-735-2966).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-800-487-0771 (ATS : 1-800-735-2966).

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-800-487-0771 (TTY: 1-800-735-2966).

Wann du Deitsch schwetzscht, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: Call 1-800-487-0771 (TTY: 1-800-735-2966).

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با (TTY: 1-800-735-2966) 1-800-487-0771 تماس بگیرید.

XIYYEEFFANNAA: Afaan dubbattu Oroomiffa, tajaajila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-800-487-0771 (TTY: 1-800-735-2966).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-487-0771 (TTY: 1-800-735-2966).

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