

# Make the Call, Take the Call

The State of Maryland Wellness Program offers **free** confidential health coaching through its "Make the Call, Take the Call" coaching program.

Trained professional coaches will help you to understand your health status and provide motivating support over the phone to help you with the following topics:



*Healthy weight*  
*Managing stress*  
*Physical activity*  
*Eating healthy*  
*Quitting tobacco*



State of Maryland

Wellness Program

Connect with your Kaiser health coach at: 1.866.862.4295

Please check out our "Make the Call, Take the Call" video located on the wellness website at <http://dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

**Commit to Quit Smoking Webinar Begins at 11:00 AM**



Welcome!

# Getting Ready to Quit Tobacco



**KAISER PERMANENTE®**

**GROUP CLASS  
CONFIDENTIALITY AGREEMENT**

Privacy is something everyone is concerned about when they come to a group class. Everyone who participates in the group wants what is said in the group to be treated with respect and complete discretion. Along with Kaiser Permanente's commitment to foster a respect for all participants, each participant individually has a responsibility to respect and protect each other's privacy.

Please share useful general information outside of the group, but what you hear and learn about individual group members should stay here.

# Important disclaimer

The information provided in this presentation is not a substitute for the advice of your personal physician or other qualified health care professional.

Always seek the advice of your physician or other qualified health care professional with any questions you may have regarding medical symptoms or a medical condition.

Never disregard professional medical advice or delay in seeking it based on information contained in this presentation.

# About your instructor

- Cheryl Mirabella
- Kaiser Permanente Health Educator

# Today's Agenda

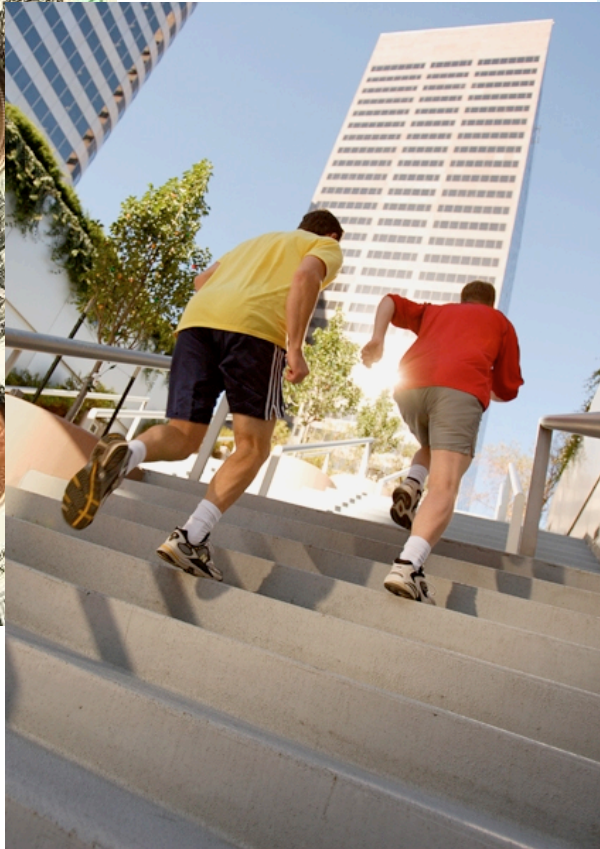
- Tobacco and you
- Tools for getting ready
- Successful quitting
- Thinking about your readiness and next steps
- Kaiser Permanente resources

# Your Thoughts...

What do you like about using tobacco?

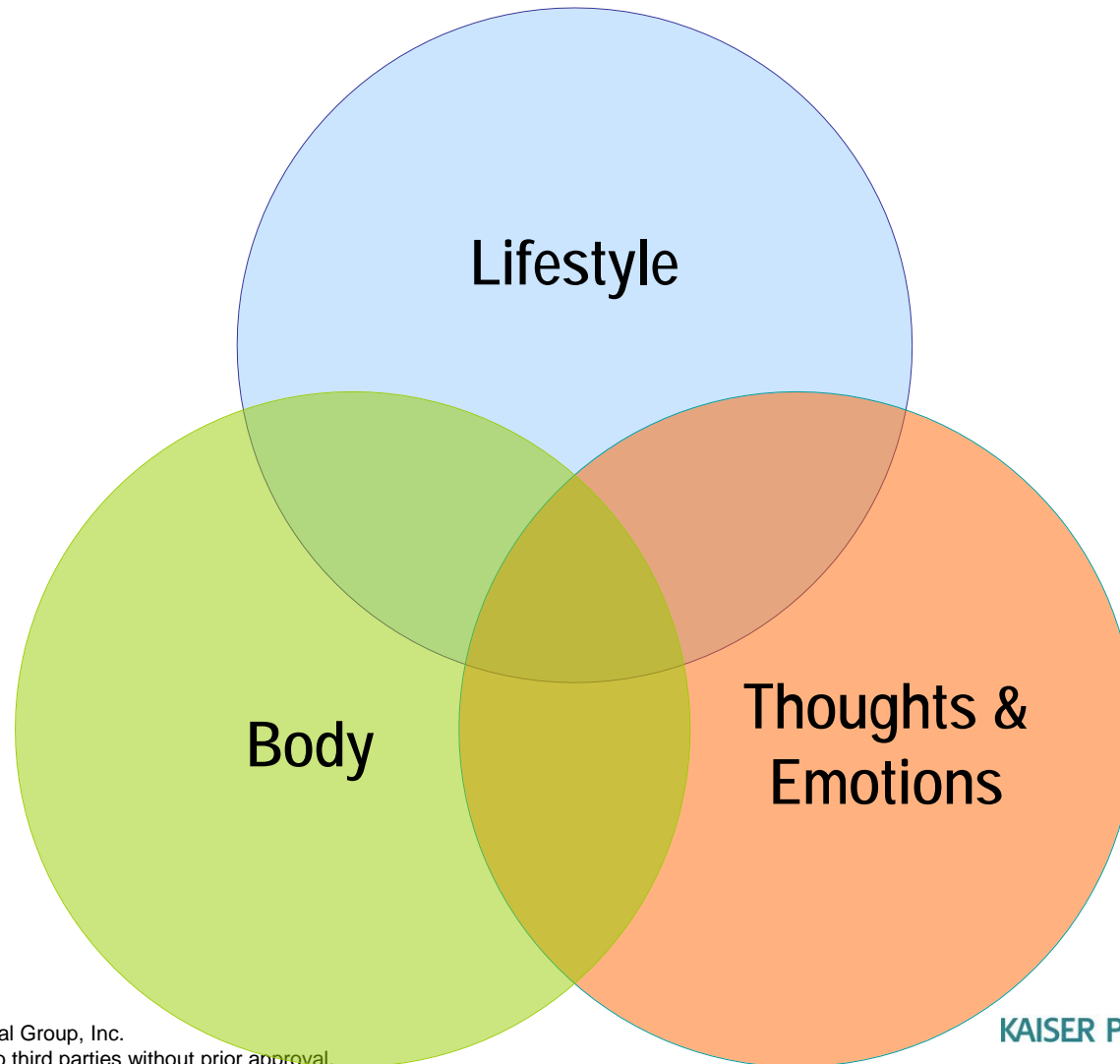
What don't you like about using tobacco?

# Your Reasons





# Tobacco Impacts



# What is Addiction?

Addiction is loss of control over a substance or behavior that is reinforcing or rewarding

# Reward Pathway



- Your brain is made up of billions of nerve cells
- Nicotine activates areas of the brain that are involved in producing feelings of pleasure and reward

# Tools for Getting Ready



- Think about your own motivation & readiness
- Do preparation activities while still smoking
- Practice skills
  - ✓ Exercise
  - ✓ Relaxation

# What activities might be helpful in preparing to quit?



# Smoking Diary

Date	Time	Number	Need Scale 1=high need 5=low need	Place or Activity	With Whom	Mood or Reason
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# Skills: Being Active

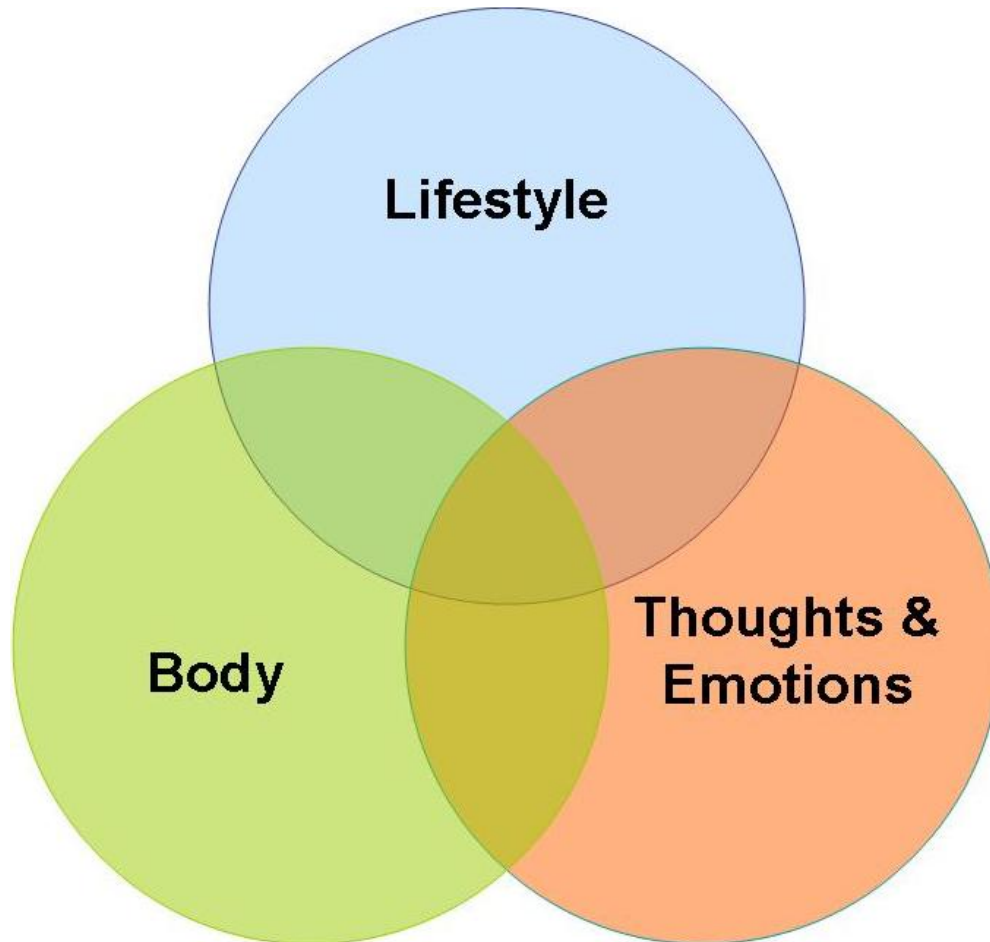








# Successful Quitting



- Problem solving strategies
- Getting support
- Medication

# How can medications help?



- Relieve cravings
- Ease withdrawal
- Increase your success

# Ask Yourself...

How ready  
am I  
to quit tobacco  
in the near future?



# How Ready Am I?

0 1 2 3 4 5 6 7 8 9 10

**Not  
Ready**

**Ready**

# Answer the Questions Below Your Chosen Number

0 - 3	4 - 6	7 - 10
Next Steps	Next Steps	Next Steps
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

# Kaiser Permanente Online

[kp.org/quitsmoking](http://kp.org/quitsmoking)

- Resources & Information
- Podcasts & Videos
- Class Information
  - Commit to Quit
- HealthMedia<sup>®</sup> Breathe<sup>™</sup>\*



# Health Education Centers & Classes

- Individual appointments
- Managing Stress
- Mindfulness Meditation
- Overcoming Depression/Anxiety
- Nutrition & Weight
- Physical Activity & Movement





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# Wrap Up

- Tobacco and you
- Tools for getting ready
  - Preparation activities
  - Practicing skills
- Successful quitting
- Readiness and your next step
- Kaiser Permanente resources



# For a copy of this presentation

Please visit the State of Maryland Wellness website

<http://www.dbm.maryland.gov/benefits/Pages/WellnessHome.aspx>

Or reach out to your wellness coordinator



# Thank You!

