

Quit smoking or using tobacco with help from AllOne Health.

AllOne Health can help you quit using tobacco products. While quitting can be a challenge, you can succeed with the right information and support. This program is not meant to replace the care of your doctor or other provider. It is intended to partner with him/her and offers you additional support so that you can reach your goal to be tobacco free.

The Tobacco Cessation Program is tailored to meet your specific needs by offering:

- Telephone support and counseling from a specially trained Health Coach, who is a registered nurse
- A tobacco cessation workbook
- Links to community resources

If you are interested in receiving educational materials about tobacco cessation or would like to speak with a Tobacco Cessation Health Coach, please call **1.866.430.ALL1 (2551)** or **(TTY) 1.877.720.7771**, weekdays, 8 a.m. to 8 p.m. EST, or visit www.myallonehealth.com.

AllOne Health is here to help you.
Find out how you can get started today!

Your health is important to us and we know your privacy is important to you! Rest assured that information shared on your Health Assessment or with your Health Coach is kept private and confidential. **We will not share your personal information with your employer or anyone else (unless required by law).** We use the information you share through our Health Management programs only to help you meet your goals for better health and a healthier lifestyle!

HEALTH MANAGEMENT

Tobacco Cessation



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Tobacco is the nation's leading cause of disease, disability and premature death, killing almost a half million Americans each year.

It is one risk you can avoid by making the choice to stop using tobacco products. AllOne Health® offers a Tobacco Cessation Program to help you quit.

Health Coaches, who are registered nurses with specialized training in tobacco cessation counseling, will provide you with a personalized plan to help you quit.

Better health begins with awareness.

With each cigarette you smoke, your life is shortened by 10 to 15 minutes. Years of smoking add up to a lot of lost time!

When you smoke, nicotine enters the blood through the lungs. It quickly goes to the brain and changes the way you feel.

Nicotine provides the pick-me-up that smokers enjoy. It increases your heart rate, blood pressure and breathing, and makes you feel more alert. Unfortunately, these effects wear off quickly, causing you to crave another cigarette.



Nicotine, the primary substance in cigarettes, is extremely addictive. In fact, it has been suggested that the addiction potential for nicotine is higher than that of marijuana, alcohol or cocaine.

Are you ready to quit?

When you are prepared to quit, your chances of success will be greater.

Do you want to quit smoking for yourself? **Yes No**

Is quitting your number one priority? **Yes No**

Have you tried to quit smoking before? **Yes No**

Do you believe that smoking is dangerous to your health? **Yes No**

Are you committed to trying to quit, even though it may be tough at first? **Yes No**

Are your family, friends and co-workers willing to help you quit smoking? **Yes No**

Besides health reasons, do you have personal reasons to quit smoking? **Yes No**

Will you be patient with yourself if you occasionally lapse while trying to quit? **Yes No**

If you answered "yes" to four or more of these questions, you are ready to quit smoking.

Remember, even if you have trouble quitting, you can keep trying. You have everything to gain. All you have to lose is a bad habit.

Action leads to better health.

After you quit, your body begins a series of positive changes within 20 minutes of smoking that last cigarette.



Health improvements you will experience after you quit.

Time After Quitting	Healthy Change
20 minutes	Blood pressure decreases Pulse rate drops Body temperature of hands and feet increases
8 hours	Carbon monoxide level in blood drops to normal Oxygen level in blood increases to normal
24 hours	Chance of heart attack decreases
48 hours	Nerve endings start regrowing Ability to smell and taste is enhanced
2-12 weeks	Circulation improves Lung function increases
1-9 months	Coughing, sinus congestion, fatigue and shortness of breath decrease
1 year	Risk of coronary heart disease is decreased to half that of a smoker
5-15 years	Risk of stroke is reduced to that of people who have never smoked
10 years	Risk of lung cancer drops to as little as one-half that of continuing smokers Risk of ulcers decreases
15 years	Risk of coronary heart disease is now similar to that of people who have never smoked. Risk of death returns to nearly the level of people who have never smoked