

Show your commitment to better health and let the HealthCenter help you quit smoking through the Breathe smoking cessation online program, which includes:

- Online Breathe Consultation
- Setting a **quit date**
- Your personalized Breathe Plan
- Online support Tools
- Check-In evaluation after you quit

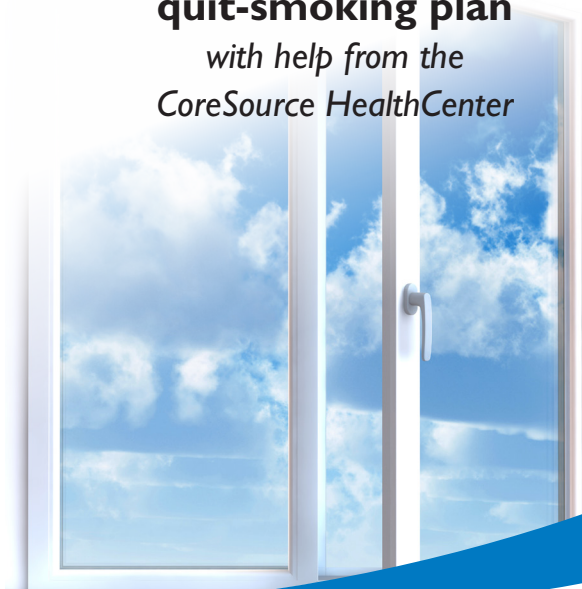
Accessing the Breathe program in the HealthCenter

1. Visit www.coresource.com, log in with your username and password, and select the HealthCenter link on the right.
2. Select YourCare Program on left menu.
3. Select Self-Directed Coaching.
4. Find out more about the Self-Directed Coaching Programs, including Breathe, by following the “here” link mid-page.
5. To start your consultation, scroll down to **Quit smoking**. Then select **Go**.

HealthCenter

Cut Through the Smoke Clouds ~ and Breathe

Create your personal quit-smoking plan
with help from the CoreSource HealthCenter



Why cloud the issue – clear the air & quit smoking through Breathe!

Breathe Smoking Cessation Program

The Breathe smoking cessation program is one of five personalized online Self-Directed Coaching Programs available to you anytime, 24/7.

Confidential and convenient, the Breathe smoking cessation program has proven results and is tailored to each participant, addressing their unique challenges and support success.

Breathe can work to:

- Identify each participant's belief in his or her ability to quit smoking
- Teach participants the seven key characteristics to quitting successfully
- Provide an individually tailored action plan
- Offer educational and personally relevant information about smoking-related behaviors, prior quitting experiences, motivation, self-confidence, habits, barriers, triggers, alcohol, social support and more

59 percent of participants report they quit smoking.

Breathe Online Consultation

The online Consultation will ask you a variety of questions, such as:

- How long have you smoked
- How many cigarettes per day
- Do you live with smokers or non-smokers
- What sets off your need for a cigarette
- What role do your friends play in your smoking habits
- What are your reasons for quitting

Breathe Smoking Cessation Plan

Based on your answers, a smoking cessation evaluation and plan will be created just for you.

Your personalized Breathe **Plan** includes a self-selected quit date and how to:

- Put together a quit kit
- Clean up and clear out your personal environment
- Recruit help from your friends
- Resist temptation
- Prepare for the first weeks
- Cope with cravings
- Make it stick

Online Lifestyle Tools

Access online Tools anytime to refer to My Plan, Medical Library, Relaxation Library, Cookbook and more!

Breathe Check-In

You'll begin receiving a newsletter subscription four days after your initial Breathe Consultation, then be reminded to conduct a check-in evaluation a week after your quit date.