

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 the HealthCenter at www.f-m-h.com, log in with your username and password, and select the HealthCenter link on the right.
2. Select the *YourCare* Program link 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
FMH 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.