

Passport
HEALTH
PLANSM

University Health Care, Inc.
with The Partnership Council
Administered by Aetna Health Plans



Quit Smoking Program

www.passporthealthplan.com



Quit Smoking Program

CONTRACT

I know that quitting is the best thing I can do for my health. My primary care provider (PCP) who knows my health the best, strongly encourages me to quit also. I am determined to do this for myself, my family, and because I know it is the best thing to do for my health and life.

I _____,
(my name)

agree to quit smoking on _____
(date)

The **YES, You Can! Program** will provide me with the following support:

- Telephone – will be here to answer my questions and walk me through the process of quitting.
- Nicotine replacement
- Smoking cessation products
- A support group

I, _____, agree to participate in the **YES, You Can! Program**.
(my name)

Member's Signature _____ Date _____

PCP's Signature _____ Date _____

YES, You Can!

Quit Smoking Program



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Deep Breathing

If you are a new non-smoker, deep breathing is good for relaxation. Inhaling deeply will help you relax. Deep breathing is an important part of relaxing. It should be done with the belly muscles.

How to Breathe Deeply

As you breathe in, let your belly go out as far as possible. Let the air out and feel your belly go back to its normal position. Pause at the end of your exhale. You will feel even more relaxed if you close your eyes and think about something peaceful....just calm your mind.

Let's try this again. Take a deep breath in... hold it for a minutes.... slowly breathe out and let the tension leave your body.

How to Breathe Deeply and Relax Your Muscles

Now, let's use deep breathing and muscle relaxation. Sit or lie down, close your eyes and take a deep breath. Let your body become as rested as possible. Now, think about each part of the body and just let the muscles relax even more. Keep taking deep breaths as you do this.

Focus on your forehead....now, our neck...shoulders...arm...hand...stomach.... right leg...right foot...left leg...and left foot. Take another deep breath. As you exhale, feel the calm in your body. Stay here as long as you like and slowly open your eyes an get up when you are ready.

**Information adapted from www.lungusa.org*

YES, You Can! Satisfaction Survey

Your Opinion Matters to Us!



You are enrolled in Passport Health Plan's **YES, You Can! Quit Smoking Program**. _____, your support manager worked with you and/or your family to help you quit smoking.

We want to make sure you got the best service possible. You can help us do this by filling out the survey below. Your answers will help us understand areas where we could improve. Please take a minute to fill out the survey and return it to us in the enclosed envelope.

NAME (optional): _____

If you would like us to contact you, please write down a phone number.
PHONE NUMBER & AREA CODE: _____

Please check the best answer:

- 1.) Did the program help you quit smoking?
 Very helpful Somewhat helpful Not helpful
- 2.) Did the program help you understand nicotine withdrawal and treatment?
 Very helpful Somewhat helpful Not helpful
- 3.) Were the written materials easy-to-understand?
 Yes No
- 4.) Did you find the materials helpful?
 Very helpful Somewhat helpful Not helpful
- 5.) Was your support manager helpful?
 Very helpful Somewhat helpful Not helpful
- 6.) Did _____ listen and explain things so you could understand them?
 Always Usually Sometimes Never
- 7.) How would you rate the number of times your support manager contacted you?
 Too many Just enough Too few
- 8.) How would you rate your support manager?
 Excellent Good Fair Poor
- 9.) What would make the **YES, YOU CAN!** program more helpful?



Quit Smoking Program

Smoking
Stinks

Smoking Wastes Your Money

PACKS PER DAY			
	1	2	3
Day	\$3.00	\$6.00	\$9.00
Week	\$21.00	\$42.00	\$63.00
Month	\$90.00	\$180.00	\$270.00
1 Year	\$1,095.00	\$2,190.00	\$3,285.00
10 Years	\$10,950.00	\$21,900.00	\$32,850.00
20 Years	\$21,900.00	\$43,800.00	\$65,700.00
30 Years	\$32,850.00	\$65,700.00	\$98,550.00
40 Years	\$43,800.00	\$87,600.00	\$131,400.00

What could **YOU** do with this money?

YES, You Can!

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What Happens When You Quit

You can do it! You are doing a great job! Look at all the great health improvements that happen to your body as you quit.

20 minutes after quitting – your blood pressure drops because your level of nicotine drops.

8 hours after quitting – the carbon monoxide level in your blood drops to normal. Oxygen level in blood increases to normal.

24 hours after quitting – your heart is now getting more oxygen. Your chance of heart attack decreases.

48 hours after quitting – you begin to smell and taste again. Walking becomes easier.

2 weeks to 3 months after quitting – your circulation improves. Your lung function increases up to 30%.

1 to 9 months after quitting – your coughing, sinus congestion, fatigue and shortness of breath decrease.

1 year after quitting – your risk of getting heart disease is half that of smokers.

5 years after quitting – your risk of stroke is lowered to half that of smokers.

10 years after quitting – your risk of lung cancer drops to half that of smokers.

15 years after quitting – your risk of heart disease or cataracts is the same as people who have never smoked.

You have a lot to live for ... Stay away from smoking for good and enjoy your new life!



Quit Smoking Program

Certificate of Completion

YES, You Can! Quit Smoking Program

This certificate is presented to:

For successful completion of the
YES, You Can! Quit Smoking program.

Signed by Program Coordinator

Date