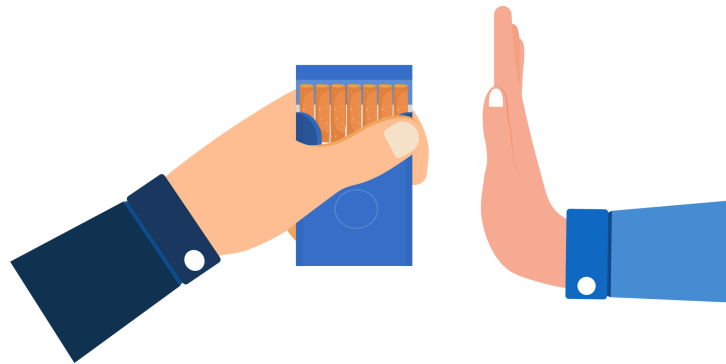


Road Map for Change

Quitting smoking
“when it’s just so hard to stop”



1

Let’s explore why it can be difficult to quit smoking

Meet Sam



Sam started smoking cigarettes at a young age, and it’s difficult for him to go for extended hours without craving a cigarette. With a stressful job and busy home life, Sam relies on smoking to get him through the day.

At the same time, Sam is noticing more symptoms like shortness of breath and coughing, and his doctor recommends he quit smoking. He also has young kids that he would like to set a good example for. While he would like to quit smoking, the thought of quitting is overwhelming, and he doesn’t know how he would get through a day without a cigarette.

Here’s a map of Sam’s story:

What is happening?

- Early addiction to smoking
- Stressful job and busy life
- Family with young kids

How does he feel?

- Cravings
- Physical symptoms
- Stressed
- Overwhelmed

What is he doing (or not doing)?

- Smoking

2

**What parts of your story sound like Sam’s?
How is your story different?**

3 What step can you take in the next week towards quitting smoking?

Here are some ideas based on how ready you are to quit smoking

Not quite ready...

- Talk with someone who is in a similar situation

Still thinking about it...

- Talk with someone who has successfully quit smoking

Getting ready...

- Set a date to quit smoking
- Identify smoking temptations and ways to overcome them

I'm ready now!

- Call Colorado Quitline (1-800-QUIT NOW)
- Reduce or eliminate the number of cigarettes smoked each day

Maintaining change

- Plan for healthy rewards for meeting goals
- Create a plan to get back on track after a relapse

4 I'm here to help!

As your Health Navigator, I'm here to support you in finding ways to achieve your health goals.

I'll follow-up with you on:

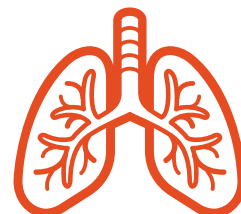
Feel free to call me before your appointment with any questions:

Facts About Quitting Smoking



Quitting smoking saves you money and reduces medical costs

Stopping smoking reduces symptoms like coughing and shortness of breath



Quitting smoking reduces your risk for heart disease, stroke, and cancers

Quitting smoking can help you be there and sets a good example for your loved ones



"It's that one-on-one personal support that I think is very good for me. It has helped me stay on the right track, encouraged. To change old habits, it's not that easy, so it impressed me to have someone who is there to encourage you and be very concerned about you." ~Kathie P.