

Tobacco Cessation

Health Coaching with Enhanced Primary Care & Whole Person Mental Health

Based on needs, goals, & preferences, our team will build a customized care plan to support tobacco cessation. We'll be there with expert support every step of the way!



My biggest accomplishment so far is I have quit smoking for a year now. Since making changes and trying to live a healthier life, I don't stay tired anymore and have more energy to spend doing things with my kids.

Patient

Motivate & Prepare

What motivates you to stop?

Create a Plan

What triggers your use?

Commit to Conquer

How will you manage your stress?

Topics to Explore

Celebrate the Positive

What is a positive thing that has happened since quitting smoking?

Nourish Your Body

How are you fueling your body?

Overcoming Obstacles

What have been your challenges?

Discovering You

What is "life after tobacco"?

The 3 Rs

Remind. Rehearse. Reward.

General Support

How can we continue to support you?

Scan for more Information

