

WHY I'M QUITTING TOBACCO



SOUND HEALTH
& WELLNESS TRUST

When you're ready to quit tobacco, complete this worksheet – circling what applies to you and adding in your own reasons, triggers, and support team. Keep it in a place you can see it every day to help remind you of why you are quitting and to stay motivated to keep going!

MY QUIT DATE

When is the last day I will use tobacco?

MY REASONS TO QUIT TOBACCO

What are my top reasons I want to quit tobacco?

Feel better about myself	Improve my health	Be a better role model
Avoid illness	Save money	Look better
Have more energy	Be addiction free	Earn HRA funding

MY TOP SMOKING TRIGGERS

When do I crave tobacco?

Needing a "pick me up" or tired	Driving	Drinking coffee or tea
After a meal	Being out with friends	Feeling stressed
Relaxing	Being around others smoking	Missing the feeling of lighting up
Missing the taste	Feeling down	Feeling bored

MY SUPPORT TEAM

Who can I rely on to help me through cravings and hard days?

NAME	CONTACT INFORMATION
Quit Coach:	
My Doctor:	

TRUST QUIT TOBACCO PROGRAMS

The Trust offers voluntary and confidential Quit Tobacco programs that include phone-based treatment sessions, unlimited access to Quit Coaches, and nicotine replacement therapy (if prescribed). Both are fully paid for by the Trust and available to all Trust participants and their eligible spouse 18 years of age or older.

PPO: Call **(877) 362-9969, option 4**

Kaiser: Call **(800) 462-5327**



SAY NO TO TOBACCO AND YES TO HRA FUNDING

Earn up to \$150 in 2024 HRA funding if eligible by enrolling and completing five calls with your coach before Dec. 31, 2023.

Do you know someone who is thinking about quitting tobacco who isn't part of the Trust?

The Washington State Quitline offers free, confidential, one-one-one counseling and support. Learn more at quitline.com.