Breaking Free

The LifeMatters® Tobacco Cessation Program

LifeMatters is pleased to provide ***Breaking Free***, a tobacco cessation program. This telephone counseling model is based on a study conducted by the University of California, San Diego. This study showed that combining multiple telephone sessions with a coach and the use of a workbook produced significantly higher tobacco cessation success rates than a single session.

The tobacco cessation workbook, ***Breaking Free: A Guide to Becoming Tobacco Free***, will be sent to you once you have signed up for the program. At the time of sign up, a pre-quit session will be scheduled at your convenience.

The **pre-quit session** is designed to review your tobacco use and quitting history, motivation for quitting at this time, and strategies for coping (including nicotine replacement options). This session also focuses on determining your quit date. It is likely to last up to 60 minutes.

During the **quit date session**, you and your coach will review your motivations for quitting, coping strategies, and the relaxation techniques described in the *Breaking Free* workbook. This session may last up to 20 minutes.



The remaining **four follow-up sessions** are designed to provide support and relapse prevention strategies, as well as to explore your new, tobacco free image. While it is recommended that these sessions be held on the third, seventh, fourteenth, and thirtieth days following your quit date, they will be scheduled at your convenience. You are also welcome to contact LifeMatters at any time in between sessions for support and guidance.

Congratulations on taking the initial step of finding out more about the LifeMatters Tobacco Cessation Program. We hope you'll take the next step toward becoming tobacco free.

To begin the process, simply contact LifeMatters at **1-800-367-7474** and ask to schedule your pre-quit session. Or, log on to *mylifematters.com* for more information.