

Breaking free of tobacco



WELLCARE
(219) 865-3612 EXT 1 OR 2
FranciscanWELLCARE@franciscanalliance.org



You CAN break free of tobacco. We can help.

Most people try to quit seven to 10 times before they are successful. Each attempt is a learning experience and a step forward—not a failure.

PROGRAM OVERVIEW

Aspire is a multifaceted tobacco cessation program designed to help people break free from addiction and move toward a healthier life. Using a non-judgmental, personalized approach, we will help you:

- Find renewed confidence in your ability to quit.
- Develop a quit plan.
- Manage withdrawal symptoms.
- Learn to cope with your triggers to smoke.
- Learn new skills to remain tobacco free.

Tobacco plays a big part in your daily routine, and addiction to nicotine can make it feel impossible to quit, but we can help you live a tobacco-free life.

PROGRAM COST

A one-time fee of \$50 covers program participation at our Franciscan Health campuses. Payment plans can be arranged at the first appointment.

Call (219) 865-3612 EXT 1 or 2 to learn more about the program.

INDIVIDUAL COACHING SESSIONS

The process for quitting smoking is not the same for everyone.

Aspire addresses both the habit and the addiction. Our unique approach to quitting includes:

- Assessing nicotine dependence.
- Determining reasons for tobacco use and motivations for quitting.
- A quit plan that addresses triggers and rituals of smoking.
- Goal setting.
- Working toward setting a quit date.

GROUP CLASS

Our educational group provides an opportunity for you to connect with others and to receive additional support when you quit. Some of the topics covered include:

- History of tobacco use
- Understanding addiction
- Stress management
- Nutrition and weight management



Quitting tobacco can be tough, but with education, accountability and support, your chances for success will increase dramatically.

MEDICATION MANAGEMENT

Using medications can double your chance of success. Reducing cravings and symptoms of nicotine withdrawal makes it easier to focus on quitting.

There are seven FDA-approved medications for tobacco cessation, including five nicotine replacement therapies (NRT) and two prescription medications. Knowing which product to use can feel overwhelming. Our tobacco treatment specialists and physicians can help you choose the product that is best for you.

Is it your time to quit?

Making significant lifestyle changes is never easy, but quitting tobacco is without a doubt the most important change you will ever make. Even if you are not quite ready to quit, that is okay! We can help you get there. We also realize that relapse is a part of the process of quitting, and will stay with you for an entire year to help ensure you do not return to smoking. Our program does not begin or end with quitting.

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