

Personal Quit Coach

Program Overview

Tobacco Use Among Adults

- Tobacco is responsible for approximately 440,000 deaths each year
- It is the single most preventable cause of death
- In Virginia, 20.9% of the adult population uses tobacco
- Last year, 44.8% of the tobacco users in Virginia tried to quit

Health Risks of Tobacco Use

- Cancer of the:
 - Lungs
 - Oral Cavity
 - Esophagus
 - Larynx
 - Stomach
- Emphysema
- Chronic bronchitis
- Coronary heart disease
- Peripheral vascular disease
- Stroke
- Peptic ulcer disease
- Issues related to pregnancy including:
 - Infertility
 - Low birth weight
 - Pre-term delivery
 - Infant deaths

Why Quit?

- More energy
- More restful sleep
- Increased confidence and well-being
- Feeling of independence
- More free time
- Improved sense of taste and smell
- Great role model for your loved ones



Let Us Help You

- Join Personal Quit Coach and get the help and support you need to live tobacco-free
 - You'll work with your personal Quit Coach to create an individualized plan based on your lifestyle and tobacco habits
 - You'll have access to educational materials and tools that will help you kick the habit
 - You'll start experiencing the immediate and long-term benefits of living tobacco-free

How The Program Works

- Once registered for the program, you'll work with a Quit Coach
- All Coaches are health professionals specially trained to provide individualized support
- Your Coach may have a background in:
 - Social Work or Counseling
 - Health Education
 - Nursing

Coaches

- What do Coaches do?
 - work with you to develop your quit plan
 - assist you in reaching your goals
 - provide a positive, supportive voice for you as you make healthy lifestyle choices



How The Program Works

- You'll have unlimited access to the Personal Quit Coach website
- Your Coach will walk you through a weekly outline of activities to prepare you for quitting and support you as you learn new behaviors
- Information focuses on tobacco cessation and a healthy lifestyle – physical activity, managing stress and healthy eating

How The Program Works

- You'll have weekly contact from your Coach via email to help keep you on track with your goal, problem solve, and support you
- You can email your Coach with questions at any time and as often as you like



Goals Lead to Action

- Personal Quit Coach is designed to provide you with the skills, support and new behaviors you need to live tobacco-free
- Incorporating new habits into your lifestyle is work and takes time! You'll have on-going support every step of the way.



Cost

- \$200 for the 12-session program
- The most intensive work is done within the first 10 sessions of joining
- You will be contacted by your Quit Coach twice more after the first 10 sessions to see how you are doing and continue supporting you

When Can I Start?

- You can start at any time with the program
 - due to limitations on the Inova Health System website, it will appear that you can only start on the last day of the month ~ that is **INCORRECT**
- You will be able to start working with your Coach within days of registering

Join Us!

Ready to get started with Personal Quit Coach?

- Register online
or
- Call Teleservices at 703-750-8800