

Inova HealthNET



**Inova
TobaccoNET**

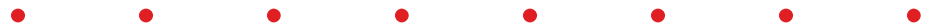
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Tobacco Use Among Adults

- 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 Inova TobaccoNET 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



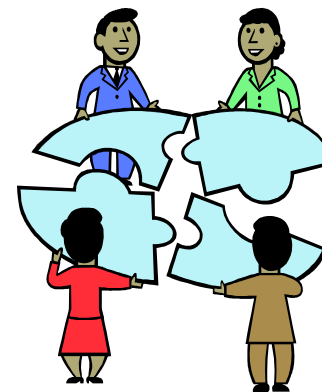


How The Program Works

- 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



- 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 Inova TobaccoNET 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

- Inova TobaccoNET 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 Inova TobaccoNET?

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

