

An Overview of Your HealthyGuidance® Nicotine Cessation Program

HealthyGuidance® Can Help You Kick the Habit

Nicotine addiction or dependence is not easy to overcome, but your ComPsych® Cessation Program provides just the right kind of personalized attention to help you kick the addiction successfully. Our Certified Specialists use proven behavioral modification techniques and dependence-breaking strategies to help you quit permanently.

Your coach will help you discover your triggers for nicotine use and develop strategies and action steps to overcome those triggers and prevent relapse.

Personalized Assessment, Guidance and Support

The Nicotine Cessation Program is designed to help you quit and “stay quit.” The program includes:

- Personal nicotine use and quit-attempt assessment
- Customized assistance plan based on your initial level of “readiness-to-quit”
- Strategies to help you deal with common fears about quitting smoking
- Coordination with other resources such as your family doctor, online tools and wellness coaches as needed and directed by you
- Guidance regarding the effectiveness and use of medications and over-the-counter nicotine dependence products
- Stress management skills instruction
- Tips for preventing weight gain
- One-on-one telephone sessions
- Ongoing relapse prevention support

Get Started on the Path to Success

Studies show that when personal counseling is included, nicotine cessation rates more than double over attempting to quit alone. Another significant rate improvement is seen when telephone counseling is combined with nicotine replacement therapy.

Ready to begin? Call us anytime at 844.816.6200 to request an appointment with a Certified Nicotine Cessation Specialist and get the support and counseling you need to make healthy changes in your life.

**Important! Provide your enrollment date to your Human Resources Representative.
Required completion time is three (3) months from the enrollment date.**



24/7 Live Assistance:
Call: 844.816.6200
TRS: Dial 711



Online: [guidanceresources.com](https://www.guidanceresources.com)
App: GuidanceNowSM
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