

Coaching Center of Excellence: Tobacco Cessation



Tobacco Cessation: Program Overview

The Coach's Role

- Support and empower the member
- Facilitate education and decision support
- Connect members to valuable resources

Weeks 1-4: Preparing to Quit

- Tobacco use and its effects on the user
- Secondhand smoke and its effects on non-users
- The benefits of not using tobacco
- Preparing to quit: identifying motivation for change and setting a quit date
- The role of health coaching

Weeks 5-8: Quitting and What to Expect

- Treatment options
- Establishing a support system
- Coping with cravings and daily lifestyle changes
- Replacing habits
- Possible weight changes
- Behavior and mood changes

Weeks 9-12: Tobacco-Free for Life

- Overcoming obstacles and handling setbacks
- Living a healthy lifestyle
- Looking ahead: a life without tobacco

The Cerner Wellness Tobacco Cessation coaching program is an evidence-based program designed as a comprehensive approach to support members in the cessation of tobacco products. The program consists of a 12 week course design covering topics from setting a quit date to becoming tobacco-free for life. Following best practice standards, the primary goal of the program is to guide and support the member in all phases of tobacco cessation utilizing the resources available to live and maintain a healthy lifestyle. This program includes 4-7 weeks of health coaching encounters after the member's quit date to support their transition to a tobacco-free lifestyle.

