

Resolve to Quit Smoking in 2012 with Help

“I’ve had clients say quitting smoking was the hardest thing they’ve ever done,” Pat Reder, a Nurse Case Manager for Innovative Care Management, said. “Many have said it is much harder than giving up drugs, alcohol, or a food addiction because there are so many different addictive substances in cigarettes.”

Most people need several tries before they quit smoking for good. The odds of success increase if you have a plan and a support system to keep you on track. One of many options is ICM’s recently expanded smoking cessation program.

The ICM program consists of three informational packets

mailed over a three-month period. The first packet is for when people are thinking about quitting. It provides information on why you should quit, what to expect, and what aids – like medication or counseling – are available to make it easier for you to give up smoking for good.

Innovative Care Management

1-800-862-3338

www.innovativecare.com

The second packet is for when you are ready to take action. It covers the nitty gritty details such as identifying your triggers for cigarette cravings and ways to distract yourself whenever you feel the urge to smoke.

The third packet contains information that can help you maintain your status as a nonsmoker. One motivation booster tells you all the good things going on in your body 20 minutes, 4 hours, 10 years, etc., after you extinguish your last cigarette.

The ICM smoking cessation program can also include telephone counseling with an ICM nurse if you want.

ICM has been helping Bright Wood people quit smoking for years through its disease management program. “My job is to help people stay as healthy as possible,” Pat said. “If you smoke and would like to quit, please give us a call at 1-800-862-3338.”

Bright Wood people can also get free and unlimited coaching from Certified Smoking Cessation professionals through the company’s Employee Assistance Program provided by:
Cascade Centers
1-800-433-2320
www.wellcall.com

To access via the web site:

- 1) Go to “Log-In” at the bottom left corner of the WellCall homepage.
- 2) Select “Click here to register.”
- 4) Click on “Group Membership.”
- 5) Enter “bright wood” as the company password.
- 6) Enter the username and password you want to use every time you log back onto the WellCall site.
- 7) Read the Privacy Statement and press “Continue.”
- 8) Under “Wellness Services” on the left side, click on “WellQuit.”
- 9) Read the privacy statement and click “Continue.”
- 10) Fill out a new member registration and you are off.