

## Smoking Cessation

When it comes to smoking cessation efforts, Kii is able to support you by helping you achieve success with the single most important health decision you may make in your life—the decision to quit smoking. Are you ready?

### Kii's Smoking Cessation Program

Our Smoking Cessation program provides the support that you need from the beginning! Listed below are the key features of Kii's smoking cessation program:

- 1 Intake Interview:** Kii's Care Specialists will speak with you and help assess your readiness to quit smoking. Key information is provided at the conclusion of the intake interview based on the employee's level of readiness to quit.
- 2 Education:** You are provided with helpful resources that include topics and information to help you cope through the toughest phases of smoking cessation.
- 3 Quit Plan:** Kii assists you in writing a quit plan. This plan is customized and specific to you!
- 4 Ongoing Support:** You are provided with ongoing support through this process.
- 5 EAP Support:** The process of smoking cessation is highly individualized and different people need varying amounts of supports with their efforts to quit. Our EAP can provide supportive services to help you cope with additional life stressors that might affect the success of your cessation effort. The EAP is available 24 hours a day, 7 days a week and can provide you with individualized counseling, strategies for making positive lifestyle changes and stress management training.

### Set yourself up for success:

#### Pick a quit date

Try to find a date as close to today's date as you can and keep it as stress free as possible.

#### Take a look at your surroundings

Remove all visual cues such as ashtrays, lighters and cigarettes.

#### Make a list of all of your reasons for quitting

Carry this list with you at all times and look at it whenever you feel tempted.

#### Change your habits

Avoid common triggers such as beverages, places, foods or even people that you associate with smoking.

#### Get active

Exercise and having an active routine can help with quitting.

#### Know your triggers and reward yourself

You'll be saving money so put it aside for something that you really want.

**Call us at 1-866-814-0018 and speak to one of our Care Specialists today!**

**Log into your account at:**  
Kiihealth.ca | Access code:  
1-866-814-0018

