Welcome to "Quitting Tobacco and Vaping."

Over the next 4 weeks, you'll be introduced to some tools as we work together. This packet includes all the handouts and homework that will be assigned or reviewed during the program.

Your packet starts and ends with the same handout, the Quitting Tobacco and Vaping Questionnaire. Please rate your current skills and complete it before the first session. Then go back to the document at the program end and answer the questions again. It can help you see where you were when getting started and where you're landing at the end of the program. Your facilitator may also ask the survey questions during the first and final sessions.

It can be helpful for you to review these items before a session:

- Session 1 – Wellness Wheel and Trigger Logs
- Session 2 – Discomfort Log, Seeing the Forest, Mindfulness of the Breath, and Weekly Action Plan
- Session 3 – Personal Values Assessment and Visualization
- Session 4 – Strengths Assessment and Characteristics of Successful Changers

If you need to reach your facilitator or our team, feel free to call us at 503-286-6816 or 1-866-301-3866, option 2.

Thanks for joining "Quitting Tobacco and Vaping!"

Health Coach Team
Health Engagement and Wellness Services
Kaiser Permanente Northwest

KAISER PERMANENTE®

229850_1-21

All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.
500 NE Multnomah St., Suite 100, Portland, OR 97232. ©2021 Kaiser Foundation Health Plan of the Northwest