

### 12 Hours

The carbon monoxide level in your blood drops to normal.

### 2 Weeks to 3 Months

Lung function begins to improve.

### 1 to 9 Months

Coughing and shortness of breath decrease.

# Tobacco Cessation Programs Can Help You Lead a Healthier Life

The Well onTarget® tobacco cessation programs help you learn to quit smoking. The program uses one-on-one coaching and innovative lessons developed using the most current academic and medical research.

#### There are two ways to learn:

- Speak with a Wellness Coach by phone or secured messaging. You have unlimited access to your coach while you complete the program. They're available Monday through Friday, between 7 a.m. and 10 p.m. and Saturday between 9 a.m. and 4 p.m.
- Enroll in a digital self-management program. The online course guides you through the process of quitting tobacco through weekly lessons. Each lesson combines two approaches:
  1. Education on the physical and social consequences of tobacco use, principles of addiction and treatment options.
  2. Resources for changing your behavior including practical action steps, help creating a quitting plan and relapse prevention. You'll also have access to a variety of calculators, trackers and other tools to support your journey.

Well onTarget®

**Did You Know:** After quitting, the body begins to repair the damage caused by smoking?



BlueCross BlueShield of Texas

# Tobacco Cessation Coaching Process

1. You'll start with the initial health assessment. If you currently use tobacco, more specific information is gathered, including type(s) of tobacco you use, quantity and frequency of use.
2. Your coach helps you create an individualized quit plan using the "S.T.A.R.T." model:

**S**et a quit date.  
**T**ell family, friends, coworkers and others about the plan.  
**A**nticipate challenges and put plans in place to avoid a relapse.  
**R**emove all tobacco and tobacco-related items from your environment.  
**T**alk to your doctor.

3. Your coach gives you advice and provides helpful educational content and tools (tobacco cessation therapies, tracking, online support community and self-directed lessons).
4. Your coach follows up throughout your journey to help you stay on track.

## Stop Smoking Today

### There are three ways to start your journey:

- Log in to Blue Access for Members<sup>SM</sup> and click on the **Wellness** tab, then **Well onTarget**.
- Log in to **www.WellonTarget.com** and use your BAM<sup>SM</sup> username and password.
- Download the AlwaysOn<sup>®</sup> wellness app.

Questions? Call a Personal Health Guide at **1-866-355-5999** or chat through the BCBSTX App. They're here for you 24/7.



Quitting tobacco can be a lengthy, difficult journey. Regardless of your situation or tobacco use status, a wellness coach can help you.

