



**WORKING FOR A
HEALTHIER TN**



Kicking the Habit Together

What is this? This is a challenge to increase awareness about the importance of becoming and/or staying tobacco-free.

What will I do? For the next two weeks please try to complete *at least five of the eight activities* explained below. Place a checkmark by completed activities on the tracker and return it to your Wellness Council Representative.

Kicking the Habit Together Activities

1. Take one quiz:

- a. [SmokeFree.gov Quizzes](#) (*please do not share results*)
- b. Printable '[Stress Test](#)' (*please do not share results*)
- c. Printable '[Tobacco Addiction](#)' Quiz (*please do not share results*)

2. Use the Smokefree.gov [calculator](#) to calculate the cost of smoking for you and/or a loved one, friend, etc.

3. Review at least one video.

- [Harmful Effects of Smoking](#)
- [Quitting Smoking Timeline](#) (The positive effects from quitting)

4. Pledge to share [resources](#) with a loved one, friend, co-worker, etc.

Not sure how to support someone? Here is an [article](#) about supporting someone who is trying to quit. Here is another [article](#) about why quitting is difficult.

If you're a ParTNers for Health plan member, you have access to a no cost tobacco quit program through ActiveHealth. Call 888-741-3390 to get started. You also have prescription drug coverage for [free tobacco quit aids](#). For additional support, check out <http://www.tnquitline.com/>.

5. Pledge to try to replace one cigarette a day with a healthier alternative (sugar-free gum, five-minute walk, etc.) for one week.

Here is an [article](#) with 101 things to do instead of smoking!

6. Download one of the following apps:

QuitGuide

This is a free app that helps users understand patterns with smoking and build skills for becoming smoke-free. Click [here](#) for more information!

quitSTART App

This free app is filled with tips and challenges. Click [here](#) for more information!

7. Sign up for the "Smokefree" text messaging service.

SmokefreeTXT

This is a free texting program that aims to help you quit smoking. This is a program for adults who are ready to quit smoking. You are able to set quit dates and adjust as needed. Click [here](#) for more information!

8. Watch at least one of the [tobacco cessation success stories](#) of your fellow State of Tennessee employees.

- a. David & Joseph from Department of Correction [video](#)
- b. Tammy from Department of Human Services [video](#)
- c. Barbara from Department of Human Services [video](#)
- d. Heather from Department of Agriculture [video](#)
- e. Theresa from Department of Labor & Workforce Development [video](#)



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Kicking the Habit Together Checklist

Activity	✓
(1) Take an online quiz of your choice or a printable quiz (Stress or Tobacco Addiction).	
(2) Use the Smokefree.gov calculator to calculate the cost of smoking for you and/or a loved one, friend, etc.	
(3) Review at least one video (Harmful Effects of Smoking and/or Quitting Smoking Timeline).	
(4) Pledge to share tobacco cessation resources with a loved one, friend, co-worker, etc.	
(5) Pledge to try to replace one cigarette a day with a healthier alternative (sugar-free gum, five-minute walk, etc.) for one week.	
(6) Download one of the apps or encourage someone else to.	
(7) Sign up for the text messaging service or encourage someone else to.	
(8) Watch at least one success story .	