Smoking Cessation Tools

• Smoking Cessation Tools can be accessed at any time by clicking on the Smoking Cessation Tools button on the home screen of the app.
Cessation Tool Options

- There are many smoking cessation tool options available.
- Options can be seen in the screenshot on the left.
Cessation Tool Options

- If you are going to encounter a time where you will have trouble not smoking, plan ahead and set up for this risky time by selecting “Managing your Challenging Times.”
Managing Challenging Times

- On this screen select the date and time of the risky time, select how often it occurs (once, daily, weekly) describe the situation, and select one of the given strategies that you can use to abstain from smoking.

- For an example of a risky time and a plan to get through it, see the screenshot on the left.

Your Risky Times

These are times you have indicated you might have particular trouble abstaining from smoking:

5:45 PM - Friday (06/09/2017)  
Friends and I go out after work and some off my friends smoke. (occurs weekly)  
Strategy: enlist a friend to help

Choose a date and time of day

How often does this happen?

ONCE  DAILY  WEEKLY

Describe this situation

e.g. people are smoking during break

What strategy will you use?

choose a strategy