

wellnessSM me coaching

Information, tools and resources for a healthier you

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Issue

3

INSIDE

Tobacco and your health

Get back on track if you slip

Becoming tobacco-free

Say no to smokeless tobacco

Quit smoking: Get back on track

WHEN YOU QUIT SMOKING, it can be discouraging to stumble and smoke a cigarette or two. Having even one cigarette puts you at risk of smoking again. But, don't let a slipup turn into a relapse. It doesn't have to derail you.

If you slipped, use these tips to get back on track:

Don't give up. Learning to be a nonsmoker is like any other skill. It takes patience and commitment — but it's well worth the effort.

Put it into context. Just because you slipped and had a cigarette, you don't have to worry you're a smoker again. Anyone can make a mistake.

Don't make excuses. Don't think, "I had one, I might as well finish the pack." Stop now. The goal is no smoking — not even one puff. And, you can do it.

Give yourself credit for past success. Remind yourself of the days, weeks or months you have gone without smoking.

Remember why you quit. Focus on the positive aspects of not smoking. Recommit to quitting.

Learn from the experience. What caused you to slip up? Think of ways you could have avoided smoking. Work on your coping skills so you're prepared next time you're in the same situation.

Get support. Many employers offer counseling programs. Please contact your benefits administrator for more information.

Talk with your doctor if you need more help. He or she may prescribe medicine, advise you on nicotine replacement products or suggest other tools to help you avoid relapses.

When a slipup becomes a relapse

If you do relapse, remember that quitting smoking is a process. Most people don't achieve success on their first or even second try. It often takes several attempts. Use what you've learned about what works and what doesn't. Then, when you're ready, you can quit again. And, this may be the time you're finally able to quit for good.



YOUR WELLNESS JOURNEY

Helpful, healthful online tools

Below are some useful, informative online health resources to help you take charge of your health and stay focused on your goals.

Stress management

- www.helpguide.org/mental/stress_signs.htm

Exercise

- www.acefitness.org/getfit

Weight management

- www.choosemyplate.gov
- www.healtheducationanswers.com/Launch/Optumhcs

Español

- www.choosemyplate.gov/sp-index.html

Nutrition

- www.fruitsandveggiesmatter.gov

Español

- familydoctor.org/online/famdoces/home/healthy/food.html

Tobacco cessation

- www.becomeanex.org
- www.smokefree.gov

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HOW YOUNG IS TOO YOUNG? Start talking early with your child about the dangers of tobacco — and keep the conversation going.

Keep your children tobacco-free for life

BILLIONS OF ADVERTISING dollars are spent on enticing people to smoke. But, behind the glossy images lurks a smelly, expensive and — above all — dangerous habit. So, it's important to steer your kids away from tobacco's false promises and help keep them safe from its risks.

The right tools

Start by arming your child with the facts about tobacco's dangers, but do this in a way your child will understand. Stressing long-term risks — such as cancer, heart disease and stroke — is important but perhaps too abstract for kids. Make those dangers real by pointing to family members or friends who may have suffered or even died of tobacco-related ailments.

But, keep in mind that it may be more effective to emphasize some of tobacco's short-term effects, such as bad breath, yellow teeth and smelly clothes. Point out that tobacco use also can limit athletic performance, make asthma worse, cost a lot of money and be

extremely difficult to stop once you start.

Clear, consistent rules with consequences also are important. Make sure your kids understand that you're setting no-smoking rules to keep them safe. Help your kids follow the rules by discussing ways to overcome peer pressure.

If "Just say no" isn't enough, offer alternative responses for your child if a peer offers her or him tobacco. Some examples are: "I don't like the way smoking makes me look" or "I don't like the smell."

Lead by example

Rules and facts aren't your only tools. Your child is more likely to make good decisions if he or she finds it easy to discuss sensitive topics with you. Forge a strong bond with your child by listening closely, asking opinions and praising good behavior.

It's also important to set a good example. If you use tobacco, quit. If you're having trouble quitting, talk with your doctor.

How can I avoid weight gain when I stop smoking?

Quitting smoking is a great choice for better health. However, some people are afraid of putting on extra pounds after putting out their last cigarette. In fact, the average smoker weighs a few pounds less than the average nonsmoker. That's because nicotine makes you feel less hungry. It also speeds up how quickly your body burns calories. Without nicotine's effect, people who stop smoking may gain weight — fewer than 10 pounds, on average.

Another reason for weight gain: Food tastes better after you quit. It's a natural reaction that you might want to eat more of it.

Smoking also provides busywork for your hands and mouth. After years of holding cigarettes, you might find yourself reaching for snacks as a substitute.

When you quit, you can help fight the urge to eat by staying active. Try taking a walk during the day. Exercise can help you keep off weight and ease your desire for a cigarette.

For safety's sake, talk with your doctor before significantly increasing your level of physical activity.

If you snack, keep it healthful. Crunchy veggies dipped in low-fat yogurt are a good choice, as is air-popped popcorn — hold the butter and salt, however.

MEDICINE

Increase your chances of being a nonsmoker — for good

ALL IT TAKES is sheer willpower, right? You could grind out that last cigarette and give up smoking for good — all on your own.

Sadly, quitting cold turkey works better in theory than in practice. All too soon, most of us are smoking again. We may feel guilty and wonder what went wrong.

Less than 8 percent of smokers are able to quit on their own without medicines or other help, according to the American Cancer Society. But, there's good news: Research also shows that medicines can help people stay tobacco-free.

Nicotine replacement

Most smokers who try to quit are plagued by nicotine withdrawal symptoms, which can include headaches, dizziness, anxiety, irritability and restlessness. Often, nicotine replacement therapy (NRT) can help.

With NRT, the body gets a dose of nicotine to ease withdrawal symptoms. But, it doesn't come from

tobacco smoke, which also contains other harmful chemicals. Instead, it's in special gums, skin patches, sprays or lozenges. Nicotine intake is cut back slowly until it's finally stopped.

If you use NRT, be aware that there's a risk of nicotine overdose if not used right. Don't smoke while you're taking these products. Talk with your doctor about how to use them correctly.

It's important to remember that NRT only involves the physical addiction. It's best to combine it with other methods of quitting that can help you cope with the psychological side, such as a stop-smoking program or counseling.

Other medicines

Stop-smoking medicines also include bupropion (Zyban®) and varenicline (Chantix®). Unlike most NRT products, these drugs require a prescription.

Bupropion is an antidepressant

that acts on brain chemistry to curb withdrawal symptoms. It can be used with NRT.

Varenicline interferes with nicotine receptors in the brain. It works by reducing the pleasure you get from smoking. Also, it eases withdrawal symptoms. However, varenicline is a newer drug. More research is needed to find out whether it's safe to use with other smoking cessation therapies.

Though these medications may be effective tools to help people quit smoking, they may have serious side effects. Stop taking these medicines and seek immediate medical help if you notice serious side effects, including unusual changes in behavior, or if you feel like hurting yourself or others.

Your doctor can help you decide which methods of quitting may work best for you.

GOOD NEWS!
Research shows that medicines can help people stay tobacco-free.

Prepare to quit: START now

You're more likely to be successful if you have a plan. START with these steps from Smokefree.gov:

S

Set a quit date within the next two weeks.

T

Tell your friends, family and co-workers. Their support may prove vital as you break your social and emotional ties to smoking.

A

Anticipate and plan for challenges when you quit. For example, if you know what sparks your urge to smoke, you may be able to arrange ways to avoid those triggers.

A write way: Keep a journal to help you quit

If you're ready to stop smoking, there are many tools to help you succeed. One you might try is a craving journal.

This kind of a journal helps you identify what makes you want a cigarette. You can also record how you cope with cravings — and whether your actions work. After a week or so, review your log. Then, build a plan to avoid triggers — or cope with them in ways you found effective. (For other keys to quitting, see Page 2.)

To get you started, here's an example:

My craving journal						
Date	Time	Craving level (1-5)	What I was doing	Who I was with	How I was feeling	How I coped — did it work?
Oct. 24	11:15 a.m.	2	Working	Alone	Stressed	Sunflower seeds — yes!
Oct. 24	2:45 p.m.	4	Working	Co-workers	Tired and stressed	Deep breaths — helped a little
Oct. 25	9 a.m.	3	Driving	Alone	Bored, restless	Chewed my fingernails — no, made me feel nervous

Eventually, you'll have craving-free days. Note those in your journal, too. Then, if you're tempted to smoke, look back and remind yourself how far you've come — and that you can beat cigarettes for good.

For more info:

Visit www.smokefree.gov to learn more about how to quit.

R

Remove cigarettes, matches, lighters, ashtrays and other related items. You don't want to be reminded of smoking.

T

Talk with your doctor. He or she can offer advice, answer questions about how to quit and prescribe medicines that may help.

The sooner you quit smoking, the sooner you can start to enjoy the health benefits, such as a reduced risk of heart disease and many types of cancer.

SMOKELESS TOBACCO

11 tips to help you quit

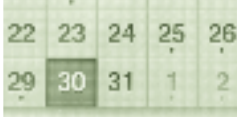
Using smokeless tobacco for 30 minutes

provides the same amount of nicotine as smoking three cigarettes. Smokeless tobacco is just as harmful as smoking.

It is possible, though, to overcome your addiction to nicotine and change your behaviors. These 11 steps may help with quitting success:



Talk to your doctor about a plan to help you quit. Your doctor may suggest nicotine replacement therapy products — like the patch or gum — that will gradually wean you off nicotine. This will minimize your side effects of withdrawal. Your doctor can also suggest effective behavior change techniques.



Pick a quit day. Take at least a week to get ready, but choose a day, ideally within the next two weeks, to be your “quit day.” It may be best not to try to quit during times of high stress because this may make quitting harder.



Cut back on the amount of smokeless tobacco you use from now until your quit day. Plus, try to reduce the number of times you use dip or chew each day. Consider switching to a product that contains less nicotine (but do not turn to a new tobacco vice, such as cigarettes). Slowly cutting back on nicotine will up your chances for quitting success.



Get support. Let your friends, family and co-workers know you plan on quitting. They will be there to offer you support throughout the process. Talk with friends and family members who have quit and see if they have tips that could be helpful.



See your dentist. Get a professional dental cleaning to remove tobacco stains. Make it your goal to keep your teeth looking that way.



Rid your environment of all smokeless tobacco products. Throw away all tobacco pouches or tins from your home, car and office.



Be prepared to deal with cravings. Carry mints, sugar-free gum or candy or sunflower seeds with you at all times. When you get the urge to dip or chew, put one of these items in your mouth instead.



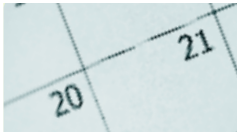
Notice your triggers. Perhaps you always use smokeless tobacco after meals or while watching TV. Stay busy to avoid relapsing. Notice what friends and family members are doing during this time. This will give you ideas for new habits. It may also be helpful to avoid being around other people who dip or chew. This way, you won't be tempted.



Manage stress. Stress may tempt you to reach for that pouch or tin. Try exercising, with your doctor's approval, or taking deep breaths to take off the edge instead.

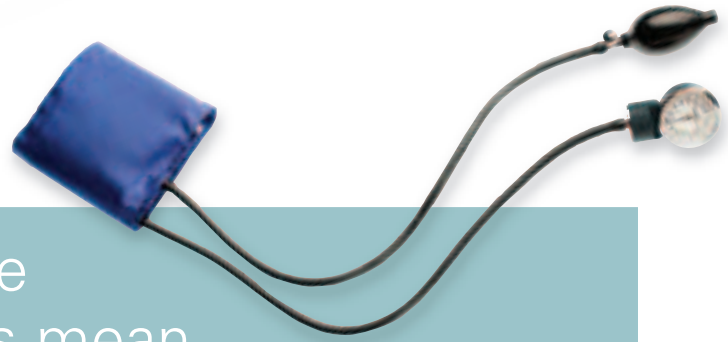


Have healthy snacks on hand. To prevent weight gain, keep healthy snacks on hand, such as fruits and vegetables, low-fat string cheese, nuts and rice cakes.



Don't get discouraged. Quitting smokeless tobacco is hard work. Some people make several quit attempts before they finally quit for good. If you slip up, don't let it discourage you. Start fresh as soon as you can.

5 keys to healthy blood pressure



Control your numbers to help protect your health

WITH EVERY BEAT, your heart pumps nourishing blood to your body's cells. As blood rushes through your arteries, it exerts a force called blood pressure.

But, if blood pressure rises and stays high, it can damage your body. Over time, high blood pressure may harm your heart, blood vessels, kidneys, eyes and more. And, you can have it for years without knowing it.

Need advice on your numbers? Call a Wellness Coach at 1-800-478-1057.

Goals for a lifetime

Remember these five steps — because they can help you prevent and control high blood pressure:

1. Get it checked. High blood pressure typically occurs without symptoms. That's why having it measured regularly is so important. Ask your doctor what your blood pressure is — and how often you should have it checked. See "What the numbers mean."

2. Fight it with food. What you eat can directly affect your blood pressure. Your doctor may recommend the DASH (Dietary Approaches to Stop Hypertension) eating plan, which has been shown to lower blood pressure. It's low in sodium and emphasizes fruit, vegetables, whole grains and low-fat dairy products. Learn more at www.nhlbi.nih.gov. Enter "DASH" into the search field.

3. Get moving. Regular exercise is good for you — and your blood pressure. For safety's sake, talk with your doctor about what's right for you — and do so before significantly increasing your activity level.

An added bonus: This step, along with healthful eating, can help you control your weight — another factor in blood pressure control.

4. Ditch high-pressure habits. Smoking raises blood pressure — and drinking too much alcohol may, as well.

5. Work with your doctor. Talk with him or her about your blood pressure — especially if you need help with any of these steps. Sometimes, lifestyle changes aren't enough. Some people need medicine, as well, to stay in a healthful range.

What the numbers mean

When you have your blood pressure measured, you get a two-number result. For example, your reading may be "120 over 80."

120

Systolic pressure. The top number is your systolic blood pressure. It's the force when your heart beats.

80

Diastolic pressure. The bottom number is your diastolic pressure. It's the force between beats, when your heart is at rest.

Blood pressure levels in adults	Systolic millimeters of mercury (mmHg)	Diastolic millimeters of mercury (mmHg)
Normal	Lower than 120	Lower than 80
Prehypertension	120 to 139	80 to 89
Hypertension stage 1	140 to 159	90 to 99
Hypertension stage 2	160 or higher	100 or higher
A desirable blood pressure (sometimes called a goal or target) for people who have diabetes, high blood pressure or kidney disease	Lower than 130	Lower than 80

Congratulations!



You've completed the Wellness Coaching program. We hope you found valuable tools to help you as you continue your journey.

Your certificate of completion will be coming soon.

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Five healthful goals

A HEALTHFUL LIFESTYLE may help reduce your risk of some diseases — such as heart disease, diabetes, osteoporosis and certain kinds of cancer. Take these five steps to improve overall health:

1 Eat right. A healthful diet helps keep you in tiptop shape. Eat a variety of fruits, veggies and whole grains. Adding fish to your menu twice a week may help reduce your risk of heart disease. Watch your salt intake, and avoid trans and saturated fats. Also, talk with your doctor about whether you need supplements — such as calcium and vitamin D — to strengthen your bones.

2 Get preventive care. Routine checkups and screenings, such as blood pressure checks or cholesterol testing, can help detect health problems early. Ask your doctor what screenings and vaccines you should have and when you should have them.

3 Get moving. Regular physical activity can improve mood. It's also good for weight control and for keeping your heart and bones strong. Most healthy adults should aim for at least 2.5 hours of moderate-intensity aerobic exercise a week. Try brisk walking, bicycling or swimming.

Experts also recommend strength training twice a week. Flexibility exercises are important, too. Be sure to check with your doctor, however, before significantly increasing your physical activity.

4 Aim for a healthful weight. Ask your doctor what a good weight range is for you. He or she can suggest safe ways to lose weight, if needed.

5 Avoid tobacco and know the risks of alcohol. Both can lead to health problems. Secondhand smoke can also harm your health.



EAT RIGHT. A healthful diet helps keep you in tiptop shape. Eat a variety of fruits, veggies and whole grains.