



Tobacco Cessation Guide



As a member of the 2013 Southcoast Health Plan-Insurance Advantage (Commitment) option, you agreed to participate in and complete an approved tobacco cessation program by March 31, 2013. Please review answers to FAQs below and the details on cessation resources available to you on the back of this document.

FAQs

What are the approved tobacco cessation programs?

You must fully complete one of the following programs to stay under the Advantage (Commitment) option and receive lower premiums:

- Freedom From Smoking group counseling
- One-on-one in-person counseling through a certified cessation counselor (Michelle Raposa) at SSTAR
- HealthQuest (WebMD) Tobacco Cessation Coaching Program

What additional resources are available to me?

Please review the reverse side of this document.

Does quitting "cold turkey" count as a cessation program?

No, we will not accept this cessation option by itself. You must complete an approved tobacco cessation program to stay under the Advantage (Commitment) option.

What if I do not complete a tobacco cessation program?

If you do not successfully complete a program by March 31, 2013, you will be assessed a \$6.73 per week employee contribution premium differential, retroactive to your coverage effective date.

You will also be responsible for repaying the fees that SHP paid on your behalf. These include:

- Tobacco Coaching:
Freedom from Smoking: \$150 fee
WebMD Tobacco Cessation Coaching Program: \$205 fee
- Over-the-counter nicotine replacement therapy (OTC NRT): If you get NRT for "free" at Southcoast Pharmacy, a payroll deduction will be set up to recoup the cost. If you paid for NRT, you will not receive reimbursement.

Questions?

Questions may be directed to Kris Almone at: Almone.K@southcoast.org or by calling her at 508-679-7417.

IMPORTANT CHECKLIST

You Must:

- ☐ Complete an approved tobacco cessation program by March 31, 2013.
- ☐ Send a copy of your certificate of completion to the address below.
- ☐ To receive reimbursement for OTC NRT costs, send copies of your receipts to the address below.

Copies of certificates and/or receipts must be mailed
March 31 - April 15, 2013 to:

Susan Pinheiro
Benefits Department
101 Page Street
New Bedford, MA 02740

You may also scan and send materials to Susan Pinheiro at pinheiro@southcoast.org.

A Guide To Tobacco Cessation Group Visits a Guide To Tobacco

**Jill C. Cash,Debbie Fraser,Lynn
Corcoran,Margaret Edwards**



A Guide To Tobacco Cessation Group Visits a Guide To Tobacco:

The Tobacco Dependence Treatment Handbook David B. Abrams, Raymond Niaura, 2003-02-12 This unique clinical handbook offers the knowledge skills and materials needed to help all types of smokers even the most hard core successfully quit Provided are assessment tools treatment planning guidelines and a series of complete treatment packages ranging from ultra brief to more intensive options Designed for use in a variety of settings by a wide range of providers the volume is evidence based and consistent with the latest national guidelines on best practice The authors leading scientist practitioners incorporate the latest pharmacotherapeutic approaches as well as proven motivational cognitive and behavioral techniques Strategies are presented for tailoring treatment to individual smokers and for preventing relapse Also included are session by session intervention guidelines helpful case examples and dozens of requisite handouts and forms ready to photocopy and use Key Features No other book presents the full range of empirically supported treatments Practical includes step by step guidelines cases reproducible patient forms Consistent with best practice recommendations issued by the Surgeon General the American Psychiatric Association and the British Thoracic Society Describes approaches with and without pharmacotherapy Photocopy Rights The Publisher grants individual book purchasers nonassignable permission to reproduce selected materials in this book for professional use For details and limitations see copyright page *Helping the Hard-core Smoker* Daniel F. Seidman, Lirio S. Covey, 1999 The first practical up to date guide for clinicians assessing and treating the estimated 25% of the adult population who are hard core smokers resistant to conventional intervention approaches

Adult-Gerontology Practice Guidelines Jill C. Cash, 2023-02-13 Praise for the First Edition Because of the way it is organized this book meets the needs of both novice and experienced advance practice nurses Each chapter defines the problem how often it occurs and what leads to the problem To aid in assessment the book includes the physical examination landmarks as well as diagnostic tests that might be needed A plan of care is offered with several different alternatives for treatment and then notes what type of follow up is needed This would be a great resource for anyone working in the field of geriatrics Score 92 4 Stars Doody's Reviews This hands on text and clinical reference used by thousands of NP students and practitioners alike delivers national practice guidelines and professional standards of care to help clinicians deliver optimal primary care to adult and older adult patients The new third edition featuring the expert input of two renowned Adult Gerontology practitioners updates all chapters teaching guides and illustrative charts and provides new charts to enhance readability Fresh content includes information on Sjogren's syndrome reactive arthritis elder abuse LGBTQ health concussion assessment joint pain bursitis and fractures peripheral neuropathy and perimenopause menopause The third edition also includes the updated Beers Criteria and covers COVID 19 treatment and vaccines Ideal for quick reference and as a study guide the text presents the most up to date guidelines in a consistent easy to read bulleted format Conveniently organized by body system it features detailed content on the physical examination and diagnostic testing information on

health promotion guidelines of care dietary information common procedures national patient resources and popular Client Teaching Guides available in print and digital format that serve as both patient handouts and concise study tools Clinical points throughout the text highlight critical practice considerations The book with its great breadth and depth of information will be a welcome companion for NP students as they transition to professional practice and beyond New to the Third Edition Completely updated content including patient teaching guides and charts New charts added to enhance comprehension Coverage of Sjogren s syndrome reactive arthritis elder abuse LGBTQ health concussion assessment joint pain bursitis and fractures peripheral neuropathy and perimenopause menopause Latest guidelines on COVID 19 treatment and vaccines Updated Beers Criteria Current CDC recommendations on vaccines and cancer screening Key Features Offers consistent guidelines for over 275 disorders Presents practice guidelines organized by body system Lists disorders alphabetically for easy access Highlights key considerations for practice Delivers individual care considerations for adult geriatric and pregnant patients Provides Client Teaching Guides serving as both take home teaching supplements for patients and a concise study tool for students

Essentials of Cancer Survivorship Lidia Schapira, 2021-11-09 The growing number of cancer survivors presents a new challenge to generalists and specialists involved in their care Prior cancer treatments may compound known comorbidities or contribute to future health risks The ultimate success of cancer treatments ultimately depends on the meticulous management of post cancer care and this requires a clinical workforce that is engaged and ready Cancer survivorship has now become recognized as an independent field of research and clinical practice This new concise guide is intended for cancer clinicians as well as generalists and specialists who meet cancer survivors in their practices for routine check ups or specialized consultations With an expanding population known to have complex medical psychosocial and emotional needs we hope this book sparks interest and provides answers for those involved in their care

Canadian Family Practice Guidelines Jill C. Cash, Debbie Fraser, Lynn Corcoran, Margaret Edwards, 2025-12-15 The only Canadian guideline resource created by and for NPs organized for speed trusted for clinical excellence Built for Canadian NP education and real world use this guide offers reliable national standards for over 250 common disorders and scenarios Culturally responsive gender neutral and evidence aligned the book supports safe prescribing accurate differential diagnosis and clear teaching tools all tailored for Canada s unique regulatory landscape What s New More content on substance use disorders including updated guidance on screening intervention and treatment Expanded sexual and reproductive health content featuring inclusive gender affirming care protocols All guidelines thoroughly updated to reflect current Canadian best practices and Health Canada standards New public health topics added including elder abuse and LGBTQ2S health concerns Consistent use of gender neutral language and emphasis on culturally safe decolonized care approaches Key Features Covers 250 disorders with step by step guidance Canadian drug names diagnostic tests and client teaching guides across the lifespan Builds clinical confidence and competence helping readers deliver safe evidence based and culturally responsive

care in Canadian settings Bulleted format and consistent structure support quick reference easier studying and deeper understanding across all primary care topics Authored by leading Canadian NP educators and clinicians ensuring relevance credibility and real world applicability in every chapter *Self-guided strategies for smoking cessation* Thomas Joseph Glynn,1990

Behavioral Medicine A Guide for Clinical Practice 5th Edition Mitchell D. Feldman,John F. Christensen,2019-12-06 The 1 guide to behavioral issues in medicine delivering thorough practical discussion of the full scope of the physician patient relationship This is an extraordinarily thorough useful book It manages to summarize numerous topics many of which are not a part of a traditional medical curriculum in concise relevant chapters Doody s Review Service 5 stars reviewing an earlier edition The goal of Behavioral Medicine is to help practitioners and students understand the interplay between psychological physical social and cultural issues of patients Within its pages readers will find real world coverage of behavioral and interactional issues that occur between provider and patient in everyday clinical practice Readers will learn how to deliver bad news how to conduct an effective patient interview how to care for patients at the end of life how to clinically manage common mental and behavioral issues in medical patients the principles of medical professionalism motivating behavior change and much more As the leading text on the subject this trusted classic delivers the most definitive practical overview of the behavioral clinical and social contexts of the physician patient relationship The book is case based to reinforce learning through real world examples focusing on issues that commonly arise in everyday medical practice and training One of the significant elements of Behavioral Medicine is the recognition that the wellbeing of physicians and other health professionals is critically important to caring for patients Dissemination of a Quit Smoking Program Clara Manfredi (PhD.),2000 *Rutherford's Vascular Surgery E-Book* Jack L. Cronenwett,K. Wayne Johnston,2014-03-12

Published in association with the Society for Vascular Surgery Rutherford s Vascular Surgery presents state of the art updates on all aspects of vascular health care Extensively revised by many new authors to meet the needs of surgeons interventionalists and vascular medicine specialists this medical reference book incorporates medical endovascular and surgical treatment as well as diagnostic techniques decision making and fundamental vascular biology Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Master the latest developments techniques and approaches with thorough updates on endovascular applications vascular access imaging non operative management and much more View clinical and physical findings and operative techniques more vividly with a full color layout and images Get answers you can depend on Rutherford s delivers the world s most trusted information on all major areas of vascular health care is written by international experts and includes up to date bibliographies and annotated recommended references Discover emerging techniques in rapidly advancing topics with special emphasis on endovascular coverage vascular imaging angiography CT and MRI Explore brand new chapters on dialysis catheters renovascular disease and management of branches during endovascular aneurysm Stay up to date with the latest coverage of endovascular

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SOMKING CESSATION INFORMATION FOR SPECIALISTS U.S. Department of Health and Human Services,1996

CURRENT Diagnosis & Treatment in Family Medicine, Third Edition Jeannette South-Paul,Samuel Matheny,Evelyn Lewis,2010-11-23 Concise evidence based coverage of the diseases and syndromes most commonly seen in clinical practice A Doody s Core Title ESSENTIAL PURCHASE for 2011 CURRENT Diagnosis and Treatment in Family Medicine is an easy to use guide to the diagnosis treatment and management of the full range of clinical conditions seen in primary care The book covers all age groups from pediatric to geriatric and includes end of life issues An essential clinical reference for house staff and practicing family physicians the book is also great for USMLE Step 3 review board certification and maintenance of certification Features Organized according to the developmental lifespan beginning with childhood and adolescence and progressing through adulthood and senior years Complementary and alternative treatments included where appropriate Recommendations for both immediate and ongoing management strategies Numerous algorithms charts and tables encapsulate important information Conservative and pharmacologic therapies Patient education information Sections on Therapeutics Genetics and Prevention Psychosocial Disorders and Physician Patient Issues NEW chapter on patient centered medicine *Behavioral Medicine: A Guide for Clinical Practice, Third Edition* Mitchell Feldman,John Christensen,2007-11-27 5 STAR DOODY S REVIEW This is an extraordinarily thorough useful book It manages to summarize numerous topics many of which are not a part of a traditional medical curriculum in concise relevant chapters Physicians who do not understand the dynamics behind the doctor patient relationship usually end up being poor doctors and this book reviews the many behavioral issues that patients have that can affect this relationship This is a very welcome addition to the medical education literature and should be required reading for all practicing clinicians Doody s Review Service Behavioral Medicine delivers practical coverage of behavioral and interactional issues that occur between provider and patient in everyday clinical practice You will learn how to deliver bad news how to conduct an effective patient interview how to clinically manage behavioral issues in the dying patient the principles of medical professionalism behavioral issues in men s and women s health and much more Features Thorough but practical discussion of the scope of the physician patient relationship Includes extensive use of cases and clinical vignettes Complete coverage of medical disorders that influence both physician and patient behavior in clinical practice **Smoking Cessation** ,1997 African American Tobacco Control Organizations Taking Action: Building the Tobacco Control Capacity of African American Communities Pamela Renee Jones,2006 A constructionist grounded theory study of African American tobacco control organizations was conducted The study purpose was to understand the work of African American tobacco control organizations conducting tobacco control activities within the African American community Semi structured interviews were conducted with 11 organizations throughout the United States *Chronic Disease Management* ,1997 Chronic Disease Management Clinical Pathways and

Guidelines is a companion volume to another Aspen manual Chronic Disease Patient Education Manual This manual provides clinicians with clinical pathways and guidelines that span the continuum of care for the five chronic disease states In addition it addresses the essentials of administering a disease management program with information on developing and implementing clinical guidelines pathways measuring and managing outcomes and monitoring and improving patient satisfaction Chronic Disease Management with its pathways and guidelines covering the entire health care continuum is an ideal resource for providers and payers struggling to render seamless cost effective and outcome oriented care Smoking and health, a national status report 1990 2nd ed ,1986 **Pocket Guide for Maternal & Child Health Nursing** Adele Pillitteri,1995 This book includes easy access outline format comprehensive content overviews alphabetical entries of essential information and more **Journal of the American Medical Association** ,1887 **Behavioral Medicine A Guide for Clinical Practice 4/E** Mitchell D. Feldman,John F. Christensen,2014-07-06 The 1 guide to behavioral issues in medicine Thorough practical discussion of the full scope of the physician patient relationship The goal of Behavioral Medicine is to help practitioners and students understand the interplay between psychological physical social and cultural issues of patients Within its pages you will find real world coverage of behavioral and interactional issues that occur between provider and patient in everyday clinical practice You will learn how to deliver bad news how to conduct an effective patient interview how to care for patients at the end of life how to clinically manage common mental and behavioral issues in medical patients the principles of medical professionalism motivating behavior change and much more As the leading text on the subject this trusted classic delivers the most definitive practical overview of the behavioral clinical and social contexts of the physician patient relationship The book is case based to reinforce learning through real world examples focusing on issues that commonly arise in everyday medical practice and training One of the significant elements of Behavioral Medicine is the recognition that the wellbeing of physicians and other health professionals is critically important to caring for patients Enhanced by new and updated content throughout Behavioral Medicine provides insight and information not available anywhere else for those who seek to provide comprehensive high quality care for patients And it does so in a way that acknowledges patients as people who have problems that often go far beyond the reach of traditional medical care

Smoking and Health, a National Status Report ,

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