Nicotine cessation wellness coaching

Sanford Health Plan offers a telephonic wellness coaching service to help you make sustainable behavior changes toward becoming nicotine free. The nicotine cessation wellness coaching program consists of an individual evaluation during six one-hour phone sessions that include presentations, discussions, worksheets and activities.

Each week is themed around a topic, including brain science, social networks, self-skills, and environmental factors. Unique exercises and worksheets guide you to a new understanding of your nicotine use and your ability to make positive behavior changes.

Participants will:

- Identify influences
- Learn how to crush cravings
- Structure surroundings for success
- Understand the social science of habits
- Build skills to handle tough moments

What happens during coaching sessions?

You'll work with your wellness coach to:

- Craft a personalized recipe for success
- Explore the internal and external factors that contribute to nicotine use
- Clarify your motivations and challenges in quitting nicotine
- Gain and practice new skills to support your quitting efforts

Audra Janke

Certified Health and Wellness Coach

Call (605) 328-6888 to schedule your first coaching session

SANFORD HEALTH PLAN

SVHP-2444 9/17