



## TENNESSEE QUITKIT CHALLENGE

**Objective:** To help current tobacco users quit tobacco products by utilizing the tools found in the Tennessee QuitKit

**Time Duration:** This is a four-week challenge.

**How to Play:**

1. Print your TN QuitKit at: <http://www.tnquitline.org/assets/files/TN.QuitKit.2018.pdf>
2. For each daily task completed, place a check mark on the Tennessee QuitKit Challenge Tracker.

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**Did you know that State of Tennessee health plan members who want to stop using tobacco products can get free tobacco quit aids?**

The following quit aids are FREE under the pharmacy benefit:

- Chantix
- Bupropion (Generic Zyban)
- Over-the-counter generic nicotine replacement products, including gum, patches and lozenges
- Nicotrol oral and nasal inhalers

Members may receive up to two, 12-week courses of treatment per calendar year (up to 168 days of treatment) with no lifetime maximum. A licensed clinician is required to write a prescription to get any tobacco cessation products at no cost, including over-the-counter aids. Simply present your prescription and your Caremark card at the pharmacy counter (not at the check-out registers) to fill at \$0 copay. The plan only covers generic over-the-counter tobacco cessation products (not brand names).

Source: <https://www.tn.gov/partnersforhealth/health-options/pharmacy.html>



# TENNESSEE QUITKIT CHALLENGE TRACKER

For each daily task completed, place a check mark on the Tennessee QuitKit Challenge Tracker.

<p><u>Day #1</u> <input type="checkbox"/></p> <p><b>Why Do I Want to Quit?</b> (pg.1)</p>	<p><u>Day #2</u> <input type="checkbox"/></p> <p><b>Know the Facts &amp; Risks from Smoking</b> (pg.1-2)</p>	<p><u>Day #3</u> <input type="checkbox"/></p> <p><b>What's in a cigarette?</b> (pg.2-3)</p>	<p><u>Day #4</u> <input type="checkbox"/></p> <p><b>Quitting is Beneficial</b> (pg.3-4)</p>	<p><u>Day #5</u> <input type="checkbox"/></p> <p><b>More Reasons to Quit</b> (pg.5)</p>	<p><u>Day #6</u> <input type="checkbox"/></p> <p><b>How Much do You Spend each Year?</b> (pg.5)</p>	<p><u>Day #7</u> <input type="checkbox"/></p> <p><b>e-Cigarettes &amp; Vaping</b> (pg.6-7)</p>
<p><u>Day #8</u> <input type="checkbox"/></p> <p><b>e-Cigarette Facts &amp; Myths</b> (pg.7)</p>	<p><u>Day #9</u> <input type="checkbox"/></p> <p><b>Quitting for Others</b> (pg.8-9)</p>	<p><u>Day #10</u> <input type="checkbox"/></p> <p><b>My Reasons for Quitting</b> (pg.10-11)</p>	<p><u>Day #11</u> <input type="checkbox"/></p> <p><b>Why do I smoke?</b> (pg.12)</p>	<p><u>Day #12</u> <input type="checkbox"/></p> <p><b>My Personal Tobacco Quit Log</b> (pg.13)</p>	<p><u>Day #13</u> <input type="checkbox"/></p> <p><b>Coping with Your Own Triggers</b> (pg.14)</p>	<p><u>Day #14</u> <input type="checkbox"/></p> <p><b>Cut Out the Common Triggers Wallet Cards</b> (pg.15-16)</p>
<p><u>Day #15</u> <input type="checkbox"/></p> <p><b>My Triggers &amp; Solutions</b> (pg.17)</p>	<p><u>Day #16</u> <input type="checkbox"/></p> <p><b>Choose 1 method to help you use less tobacco during the day.</b> (pg.18)</p>	<p><u>Day #17</u> <input type="checkbox"/></p> <p><b>Get rid of any ashtrays in your home, car &amp; work.</b> (pg.18)</p>	<p><u>Day #18</u> <input type="checkbox"/></p> <p><b>Get Support!</b> (pg.18)</p>	<p><u>Day #19</u> <input type="checkbox"/></p> <p><b>Make a List of Treats</b> (pg.18)</p>	<p><u>Day #20</u> <input type="checkbox"/></p> <p><b>Survival Kit Supplies</b> (pg.19)</p>	<p><u>Day #21</u> <input type="checkbox"/></p> <p><b>S = Set a Quit Date</b> (pg.20)</p>
<p><u>Day #22</u> <input type="checkbox"/></p> <p><b>T = Tell your Family &amp; Friends, notify a support network</b> (pg.20)</p>	<p><u>Day #23</u> <input type="checkbox"/></p> <p><b>A= Anticipate</b> (pg.21)</p>	<p><u>Day #24</u> <input type="checkbox"/></p> <p><b>R = Remove all cigarettes from the home, work &amp; car</b> (pg.21)</p>	<p><u>Day #25</u> <input type="checkbox"/></p> <p><b>T = Talk with your healthcare provider or Quit Counselor</b> (pg.21)</p>	<p><u>Day #26</u> <input type="checkbox"/></p> <p><b>Dealing with Withdrawals</b> (pg.22)</p>	<p><u>Day #27</u> <input type="checkbox"/></p> <p><b>What if I Relapse?</b> (pg.23)</p>	<p><u>Day #28</u> <input type="checkbox"/></p> <p><b>Different Methods of Quitting</b> (pg.24-26)</p>
<p><u>Day #29</u> <input type="checkbox"/></p> <p><b>The Myth About Weight Gain</b> (pg.27)</p>	<p><u>Day #30</u> <input type="checkbox"/></p> <p><b>Let's Celebrate!</b> (pg.28)</p>	<p><b>YOU HAVE COMPLETED THE TN QUITKIT CHALLENGE!</b></p> <p><b>CONGRATS!</b></p> <p><i>Be sure to submit your Tracker to <a href="mailto:wfht.tn@tn.gov">wfht.tn@tn.gov</a> to help earn your department points.</i></p>				