



CHRISTIANA CARE

“QUITTERS FOR HIRE” SMOKING CESSATION PROGRAM

Quitting Smoking is hard but it is probably one of the most important things you can do for both you and your baby, while you are pregnant. Women who get help along the way are much more likely to be successful in either quitting or cutting down on their smoking. “Quitters for Hire” is a program to help you quit while you are pregnant. This program is completely voluntary and you can stop the program at any time. The program consists of the following:

- Health coaching around smoking cessation at your prenatal visits; suggestions on ways to change your habits to decrease your smoking.
- Biofeedback on your smoking level (breath sampling).
- A gift card provided at enrollment and then credits will be earned for each of the following:
 - \$10 credit each time you agree to provide breath testing for carbon monoxide to determine how well you are doing with quitting.
 - Additional credits each time that you show that you are not smoking or smoking less. Smoking less is defined as decreases in carbon monoxide levels in breath samples from your last visits. Smoking abstinence (complete stopping) is defined as either carbon monoxide levels of 0 to 2. If your smoking is increasing based on your breath test you will only receive the \$10 credit for testing. At your next visit you would be restarted at the \$5 credit level for smoking reduction/abstinence (see chart below).

- The credits are organized in the following ways:

Visit	Testing Credits	Additional Credits	Total Credits
Enrollment	\$10	0	\$10
With Smoking Reduction or Smoking Abstinence			
1	\$10	\$5	\$15
2	\$10	\$10	\$20
3	\$10	\$15	\$25
4	\$10	\$20	\$30
5	\$10	\$25	\$35
6	\$10	\$30	\$40
7	\$10	\$35	\$45
8	\$10	\$40	\$50
9	\$10	\$45	\$55
10	\$10	\$50	\$60
11	\$10	\$55	\$65
Postpartum	\$10	\$25	\$35

- Credits will only be issued for and at the time of regular office visits. No more than a total of 13 credits as shown above will be made. Both testing and credits will not be done at any other point in your prenatal care (for example - unscheduled office visits, triage visits, and ultrasound visits).

Patient Signature: _____ Date of Birth: _____

Printed Name: _____

801# (if employee of Christiana Care): _____