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# Smoking Action Plan

Evidenced-based steps that increase your chances of quitting by 70-100%



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Two proven methods.  
Choose one of each.

## Anti-smoking Medications

Medications more than double your chances of quitting. They work best in combination with counselling.

Talk with a family doctor about which type is best for you.

## Smoking Cessation Counselling

Counselling has been proven to improve your chances of quitting. Knowledge is power. And in this case, preparedness for what to expect during quit attempts — nicotine withdrawal symptoms, avoiding triggers, and support reinforcing your ability to quit.

## Anti-smoking Medications

- **Combination Nicotine Replacement Therapy (NRT)** — Combines a long acting NRT (nicotine patch) with a short acting NRT (lozenge, gum, inhaler, nasal spray). Relieves nicotine withdrawal symptoms and breaks the behaviour of smoking.
- **Varenicline (Champix®)** — The most effective medication. Works by blocking the nicotine receptor in your brain.
- **Bupropion SR (Zyban®)** — Enhances your brain's ability to resist the addictive effects of nicotine.

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## Smoking Cessation Counselling

- **Website** — AlbertaQuits Online is a self-guided, interactive program to help you quit and stay quit. Once you register, you can access the tools and services featured below (and many more), anytime and anywhere. FREE for all Albertans! [www.albertaquits.ca](http://www.albertaquits.ca)
- **Group programs** — Join QuitCore, AlbertaQuits group support program led by trained quit counsellors.
- **Telephone counselling** — The AlbertaQuits helpline is a FREE smoking cessation service for all residents of Alberta, open 8AM to 8PM seven days a week for confidential, non-judgmental support. Trained Cessation Counsellors will help you develop a quit plan, deal with cravings, and provide ongoing support to keep you motivated. 1-866-710-QUIT (7848) toll-free.
- **Text messaging** — AlbertaQuits By TEXT is a three month mobile texting service that delivers motivational tips direct to your cell. Whether you plan to quit in the next 30 days or have already quit, get support tailored to your quit status. Txt ABQUITS to 123456.
- **Clinical counselling** — Included as a benefit in many private medical plans.