



Getting Started

Welcome to Freedom From Smoking® Plus!

Freedom From Smoking® Plus brings the American Lung Association's proven quit smoking program to your computer, tablet or smartphone and gives you extra support from American Lung Association tobacco cessation counselors. As you start your journey to being smokefree, remember that help is always a call or click away.

Get Ready

Call Employee Hub at 800-303-0408. They will share the unique access URL with you so you can access the course, set up your profile and get started.

Click and Go

When you're ready, just click the URL you received. The steps on the next pages will help you set up your Freedom From Smoking® Plus membership and begin your journey to a smokefree life.

When you access the course for the first time, you will create your user name – which is your email address – and create a password that’s easy for you to remember.

DASHBOARD GETTING READY TAKING ACTION STAYING SMOKEFREE COMMUNITY LUNG HELPLINE

AMERICAN LUNG ASSOCIATION FREEDOM FROM SMOKING

Resources My Profile Logout

1 2 3 4

Your Unique Login

Please enter your email address and choose a password. These will be used for logging back into the program when you come back later or enter it from a new device. Fields marked with an * are required.

Email*
Re-enter email*
Password*
Re-enter password*

Next

Then you’ll begin to set up your profile.

Required information is marked with a red asterisk.

Profile Set Up

Please enter the following information. Fields marked with an * are required.

About Me

To change your name, address, email address or password after completing your profile, please call Customer Service at 866-295-9240 or email FFSHelp@staywell.com. Customer service is available weekdays 9:00 a.m. to 5:00 p.m., EST.

First name*
Middle initial

Please let us know how you learned about Freedom From Smoking® Plus.

Click a box or type in your answer on the line marked “Other”.

How did you learn about Freedom From Smoking® Plus?*

☐ From a family member, friend or coworker ☐ Referred by the Lung HelpLine

☐ From my local American Lung Association Charter ☐ Found it on the American Lung Association web site

☐ Online search ☐ Saw an ad

☐ I've used Freedom From Smoking before

Other

0/120

To get the most out of the course, please check the boxes to indicate:

1. We can email information and reminders to you as you complete the course.
2. A representative from the American Lung Association Lung HelpLine can access your account if you need assistance during the course.

Contact Preferences

At key points in the Freedom From Smoking program we would like to email you updates and notifications related to your participation. We also encourage you to call the American Lung Association's Lung HelpLine for extra support. We can serve you best if we are able to view your progress in completing program activities.

☒ Yes, I would like to receive emailed information and reminders related to my participation in Freedom From Smoking.

☒ Yes, I give the American Lung Association Lung HelpLine permission to access my Freedom From Smoking account for the purpose of providing assistance as requested by me during my participation in the program.

Be sure to read our Privacy Policy and the Terms and Conditions.

Check the box to indicate you have read and agree to both.

Please read and agree to our [Privacy Policy](#) and [Terms and Conditions](#)

☒ I have read and agree. *

To change the information you entered at any time, select "My Profile" in the program navigation.

Next

Please tell us about yourself – it helps us know who is being served by the course.

This information is for research purposes only.

Answering these questions is optional but appreciated.

Tell Us More About Yourself

Studies show that some communities and demographic groups tend to have higher rates of tobacco use than others. The American Lung Association is also interested in knowing who we are serving with Freedom From Smoking®. All questions in this section are optional and will be used for research purposes only. They will not be saved as part of your Profile information.

1. How old are you?

☐ Under 18

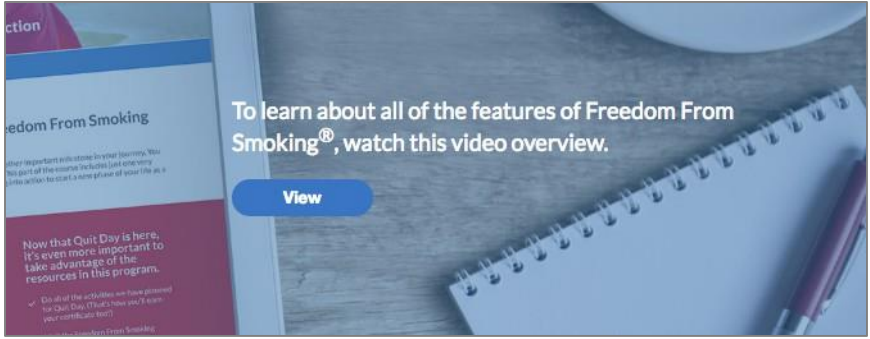
☐ 18-25

☐ 26-49

☐ 50-64

☐ 65 and Older

Completing the Your Tobacco Use History section also helps the American Lung Association learn more about the people who participate in the course. Answering these questions is optional but appreciated.	Your Tobacco Use History Please answer these eight questions about your tobacco use history. All questions in this section are optional. 1. Which of the following statements best describes how you feel right now as you start the Freedom From Smoking® program? ☐ I am ready to start my quit attempt now so I can stop smoking within the next 30 days. ☐ I am not sure I am ready to quit now, but I plan to stop smoking within the next six months. ☐ I am not ready to quit, but am taking this course because I have been asked to participate.
Next you'll read about how to use Freedom From Smoking® Plus...	How to Use Freedom From Smoking® Plus Freedom From Smoking Plus includes nine sessions and is divided into three parts. Based on choosing a Quit Day about 21 days from now, you'll follow a flexible six-week schedule to ensure you have the right support and information at the right time in the quit process. 1 Part 1 Getting Ready Sessions 1 through 4 (Weeks 1-3) You'll build your motivation to quit, get to know your addiction and make a plan to overcome it. 2 Part 2 Taking Action Session 5 (Day 21) This is your Quit Day. You'll have a plan and you'll have support so you can say goodbye to smoking for good. 3 Part 3 Staying Smokefree Sessions 6 through 9 (Weeks 4-6) You'll learn strategies for getting through the first, most difficult days after quitting—and how to stay smokefree for the long run.
...including what you must complete to earn a certificate that may help lower your health insurance premiums.	Earning Your Certificate Besides recognition for taking this great step forward in your life, the Freedom From Smoking certificate may be valid as proof of completion or of quitting smoking for the purpose of reducing your health insurance premium. Check with your employer or insurance company to find out more. To earn a certificate:  Complete all activities flagged as required.  Take the quiz at the end of each session.

Be sure to watch a short video that gives an overview of all the features of the course.	
Next, you'll get ready to choose your Quit Day. First, please check the box to indicate that you have read and understand the requirements for earning a certificate.	Ready to Choose Your Quit Day? It's almost time to take this important step. But before you do, please let us know that you have read and understand how to best use the Freedom From Smoking program and what you'll need to do to earn your certificate. If you need to review how to use this program later, you can access common questions and the program video in the Resources section of program. ☒ I have read and agree. * Next
Then pick your Quit Day...	Choosing Your Quit Day Research shows tobacco users who set a specific date to quit and spend time getting ready have a much better chance of quitting for good. It's time for you to choose your Quit Day now! Pick a Quit Day about three weeks from now. This step is required. * Quit Day: 11/25/2016 <i>Note: Choosing a date in about three weeks will give you time to get to know why you smoke and plan what to do about it. It also allows time for you to get quit-smoking medication if you decide to use it.</i>
...and get started! Click the blue “Go” button to start your journey to a smokefree life!	Time to Get Started You will now be taken to your Dashboard for the Freedom From Smoking® program. Good luck and enjoy your journey! Go