



Home



About

First time? Start here.

User ID

Password

Log In

Forgot your password?



KAISER PERMANENTE®



Home

First time here?



About

< Back

Get started! To join this study, enter the private access code you were given below and follow the directions.

CODE

Submit

MyMAP is a research study conducted by scientists at the Kaiser Permanente Washington Health Research Institute, University of Michigan, and University of California. It is only open to eligible Group Health members who are invited



KAI SER PERMANENT E[®]



Home

About MyMAP+



About

< Back

About the Study

MyMAP (My Mobile Advice Program) was designed by researchers at the Kaiser Permanente Washington Health Research Institute, University of Michigan, and University of California. The Kaiser Permanente IRB number is 577344. The program is only available to invited participants.



KAISER PERMANENTE®



Home



About

< Back

Enter your email address below and we'll send you a link to create a new password.

EMAIL ADDRESS

Submit

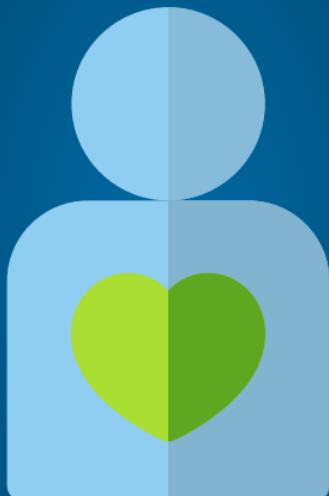
MyMAP is a research study conducted by scientists at the Kaiser Permanente Washington Health Research Institute, University of Michigan, and University of California. It is only open to eligible Group Health members who are invited



KAI SER PERMANENT E[®]

MyMAP+

My Mobile Advice Program

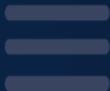


KAISER PERMANENTE®



Home

Tutorial



Menu



Welcome to MyMAP+

This program is designed to help you quit smoking. Use MyMAP+ with your stop smoking plan to help manage symptoms and medication side effects.

More •••



Your money saved



NEXT >

By not smoking, you've saved \$124. Good work - at this rate you'll save \$3,600 by the end of the year!



More •••



Track Progress



Learn to Quit



My Advice



Home

Tutorial



Menu



Welcome to MyMAP+

The page heading will always let you know where you are.

This program is designed to help you quit smoking. Use MyMAP+ with your stop smoking medication to help manage your nicotine withdrawal symptoms and medication side effects.

**Use the home button to access
the home page at any time.**

More •••



Your money saved

Tap the menu button to open the side menu and navigate to any

\$124

<BACK

NEXT>

...g, you've saved

the good work - at this rate you'll save
\$3,600 by the end of the year!

More •••



Track Progress



Learn to Quit

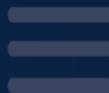


My Advice



Home

Tutorial



Menu



Welcome to MyMAP+

This program is designed to help you quit smoking. Use MyMAP+ with your stop smoking medication to help manage your nicotine withdrawal symptoms and medication side effects.

More •••

Cards are often interactive.
\$ Your money saved
Hit more to navigate to
more detailed pages.

Use the bottom nav bar to quickly
access any part of the app.

<BACK

NEXT>

...g, you've saved
the good work - at this rate you'll save
\$3,600 by the end of the year!

More •••



Track Progress



Learn to Quit

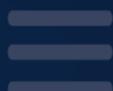


My Advice



Home

Home



Menu



Welcome to MyMAP+

This program is designed to help you quit smoking. Use MyMAP+ with your stop smoking plan to manage your nicotine withdrawal symptoms and medication side effects.

More •••

Good luck!



Your money saved



<BACK

CLOSE

g, you've saved
the good work - at this rate you'll save
\$3,600 by the end of the year!

More •••



Track Progress



Learn to Quit



My Advice



Home

Home



Menu



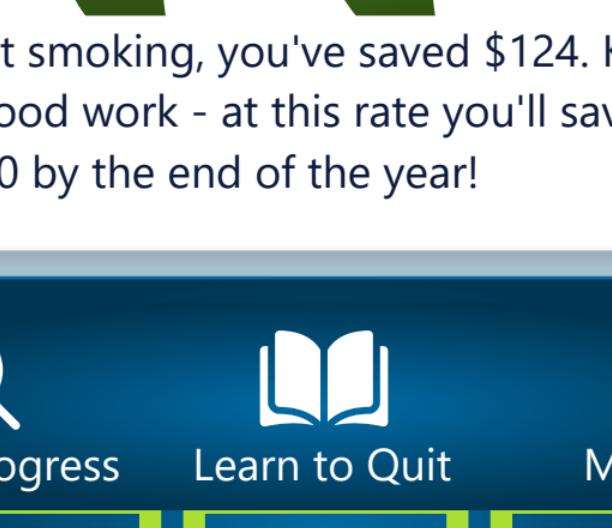
Welcome to MyMAP+

This program is designed to help you quit smoking. Use MyMAP+ with your stop smoking medication to help manage your nicotine withdrawal symptoms and medication side effects.

More •••



Your money saved

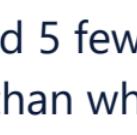


By not smoking, you've saved \$124. Keep up the good work - at this rate you'll save \$3,600 by the end of the year!

More •••



Track Progress



Learn to Quit



My Advice

5

8

24

More •••



Track your progress

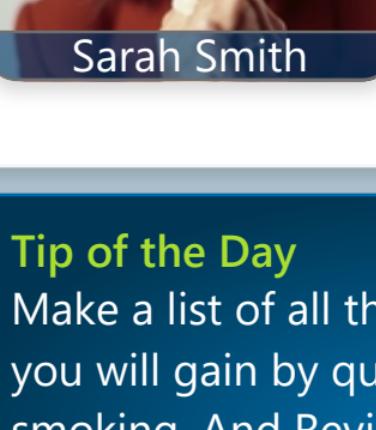
5

You smoked 5 fewer cigarettes yesterday than when you first started.

!

You have **not** taken a stop-smoking medication today. Tap to update!

More •••



Sarah Smith

You don't need cigarettes to be complete. All the happiness, comfort, and peace you seek, is already inside you.
-Your MyMAP Team

More •••



Tip of the Day

Make a list of all the benefits you will gain by quitting smoking. And Revisit it every morning until your mind starts liking the idea of becoming a non-smoker.



More •••



KAISER PERMANENTE®



Welcome to MyMAP+

This program is designed to help you quit smoking. Use MyMAP+ with your stop smoking medication to help manage your nicotine withdrawal symptoms and medication side effects.

Here is a brief guide on how to use this program:

- 1) My Quit Guide: Get started here or come back anytime. Use this step-by-step guide to help you quit smoking.
- 2) Messages: Your Secure Message Center. Chat with the MyMAP team if you have questions about your symptoms, side effects, or medicine that are not addressed on the MyMAP website.



Track Progress
manage your symptoms and side effects. To get started, tap Check In below.



Learn to Quit
manage your symptoms and side effects. To get started, tap Check In below.



My Advice
manage your symptoms and side effects. To get started, tap Check In below.

You can access MyMAP from your smartphone, tablet, or personal computer. All you need is internet access.

< Back



KAISER PERMANENTE®



Home

Track Progress



Menu

Day

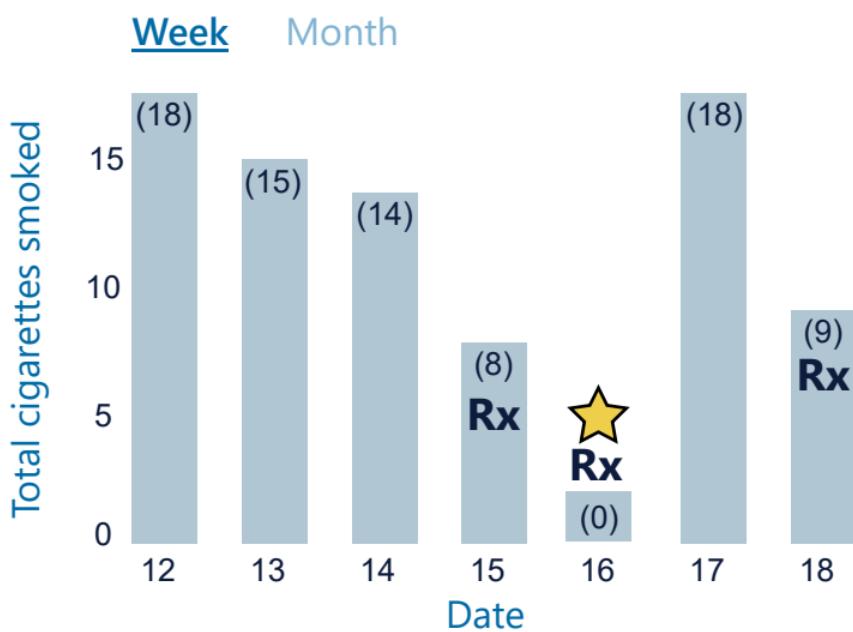
Calendar

Graph

Your Tracking Graph

This chart shows how many cigarettes you smoked each day and the days you used a stop-smoking medication.

September, 2018



Track Progress



Learn to Quit



My Advice



Total days smoke free



You took a stop smoking medication on **8 days**. Keep it up!



KAISER PERMANENTE®



Home

Track Progress



Menu

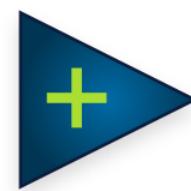
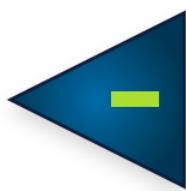
Day

Calendar

Graph

September 17, 2018

Enter total cigarettes smoked on the date above. Enter "1" if you smoked only a puff. Do not include electronic cigarettes (e-cigs).



Mark which stop-smoking medications you have taken on the date above. Please check all that apply.



Nicotine patch



Nicotine gum



Nicotine lozenge



Search



Learn to Quit



My Advice



Chantix (also called varenicline)



Bupropion (also called Zyban or Wellbutrin)



None

Save



KAISER PERMANENTE®



Home

Track Progress



Menu

Day

Calendar

Graph

Calendar View

Select a day to view/edit your tracking data.



= Days with tracking data saved.



= You were smoke free on these days

2018

Mon, September 17



September 2018



S

M

T

W

T

F

S

1

2

3

4

5

6

7

8

9

10

11

12

13

15



Track Progress



Learn to Quit



My Advice

30

View/Edit



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

10%

Your step-by-step guide to quitting smoking.
Tap each card or search to learn more.

Search the quit guide...



Learn to Quit Table of Contents

Step 1: Make a quit plan



People who make a Quit Plan are more successful. You can start by choosing a quit date.

[Learn more >](#)

Step 2: Use your stop-smoking medicine



We are mailing your nicotine replacement patches to your home address. Start using your



Track Progress



Learn to Quit



My Advice



As your Quit Date gets closer, it's important to start getting ready mentally.

[Learn more >](#)

Step 4: Learn to be a non-smoker again



Staying quit is all about resisting cravings to smoke, managing your mood and more. It can help to read this section several times, even before you quit. [Learn more >](#)

Step 5: What to do if you slip and smoke



Learning to smoke is easier than learning to quit. It takes most people several tries before they finally stop smoking. If you slip, don't give in! [Learn more >](#)



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

10%

Your step-by-step guide to quitting smoking.
Tap each card or search to learn more.

How do I quit?



Make a quit plan

What's a quit plan

Is a quit plan important?

What is a Quit Date and why is it important?

S



People who make a Quit Plan are more successful. You can start by choosing a quit date.

[Learn more >](#)

Step 2: Use your stop-smoking medicine



We are mailing your nicotine replacement patches to your home address. Start using your



Track Progress



Learn to Quit



My Advice



As your Quit Date gets closer, it's important to start getting ready mentally.

[Learn more >](#)

Step 4: Learn to be a non-smoker again



Staying quit is all about resisting cravings to smoke, managing your mood and more. It can help to read this section several times, even before you quit. [Learn more >](#)

Step 5: What to do if you slip and smoke



Learning to smoke is easier than learning to quit. It takes most people several tries before they finally stop smoking. If you slip, don't give in! [Learn more >](#)



KAISER PERMANENTE®



Home

Learn to Quit

Menu

< Back

Table of Contents

Use the search bar or links below to quickly navigate to any part of the quit guide.

Search the quit guide...



Step 1: Make a Quit plan

What's a Quit Plan?

Is a Quit Plan important?

What is a Quit Date and why is it important?

Step 2: Use your medicine

About NRT

Tips for taking NRT

About other stop smoking medications

Step 3: Prepare yourself



Track Progress



Learn to Quit



My Advice

The 3 keys to success

Understanding nicotine dependence and withdrawal

Smoking Truths

Excuses, excuses

Step 4: Learn to be a non-smoker again

Preparing for your Quit Date

Learn to identify high-risk situations

Coping with withdrawal

Coping with cravings: The ACE strategies

Coping with negative emotions

Deep breathing and relaxation

Managing your weight

Alcohol and smoking

Step 5: What to do if you slip and smoke

< Back



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Step 1: Make a Quit Plan progress

10%



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?



Track Progress



Learn to Quit



My Advice

What is a Quit Date and why is it important?



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

10%



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.

Video Script

This is where the encouraging video text would go. This is helpful because the user may not be able to view the video and this text would serve as a back up so they can at least see the message that the video was trying to deliver. When they are done



Track Progress



Learn to Quit



My Advice

What's a quit plan?



Is a Quit Plan important?



What is a Quit Date and why is it important?



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit

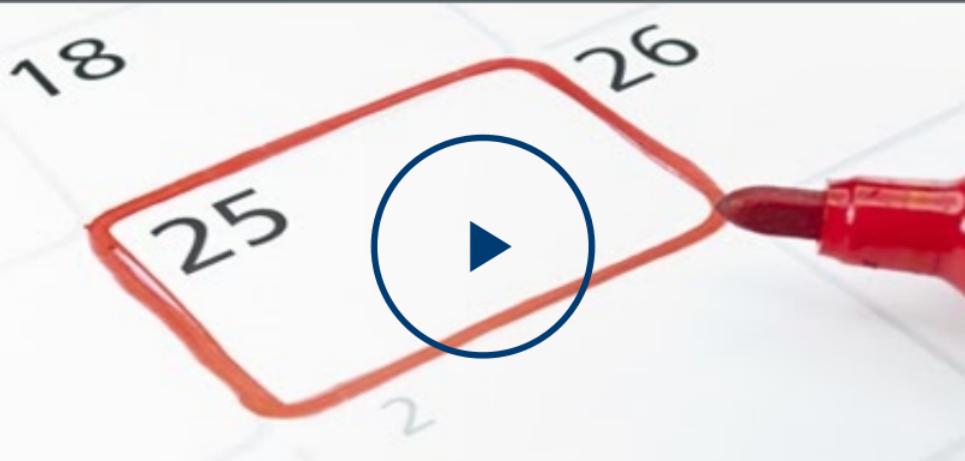


Menu

Learn to Quit Progress

25%

Step 1 Intro: Make a Quit Plain



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?



Track Progress



Learn to Quit



My Advice

What is a Quit Date and why is it important?



Learn to Quit Table of Contents



KAI SER PERMANEN TE®



Home

Learn to Quit



Menu

Learn to Quit Progress

25%

Step 1: Make a quit plan



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?

When you go on a road trip, it's important to have a map. Your map (or plan) helps you decide where



Track Progress



Learn to Quit



My Advice

Is a Quit Plan important?



What is a Quit Date and why is it important?



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

50%

Step 1: Make a quit plan



People who make a Quit Plan are more successful.
Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?



Track Progress



Learn to Quit



My Advice

What is a Quit Date and why is it important?



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

50%

Step 1: Make a quit plan



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?



Track Progress



Learn to Quit



My Advice

smoking. It's about learning how to manage your cravings, nicotine withdrawal symptoms, and even medication side effects. While these are short-lived, knowing how to deal with these things over the next few weeks or months will make it easier to stop smoking and stay quit.



What is a Quit Date and why is it important?



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

75%

Step 1: Make a quit plan



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?



Track Progress



Learn to Quit



My Advice

what is a QUIT Date and why is it important?



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

75%

Step 1: Make a quit plan



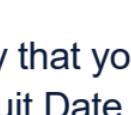
People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



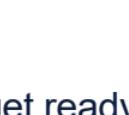
What's a quit plan?



Track Progress



Learn to Quit



My Advice

What is a Quit Date and why is it important?

A Quit Date is the day that you plan to stop smoking. Setting a Quit Date will help you get ready to stop smoking and make sure you are ready.

It looks like you haven't set a Quit Date yet. When you are ready, set a quit date by tapping the button below and selecting a date from the calendar.



Set your Quit Date

You should start taking your NRT one week before your Quit Date. Learn more about NRT.

If you have to reschedule your Quit Date, choose a new date as close to your original Quit Date as possible. If this happens, you should start your NRT one week before your new Quit Date.



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

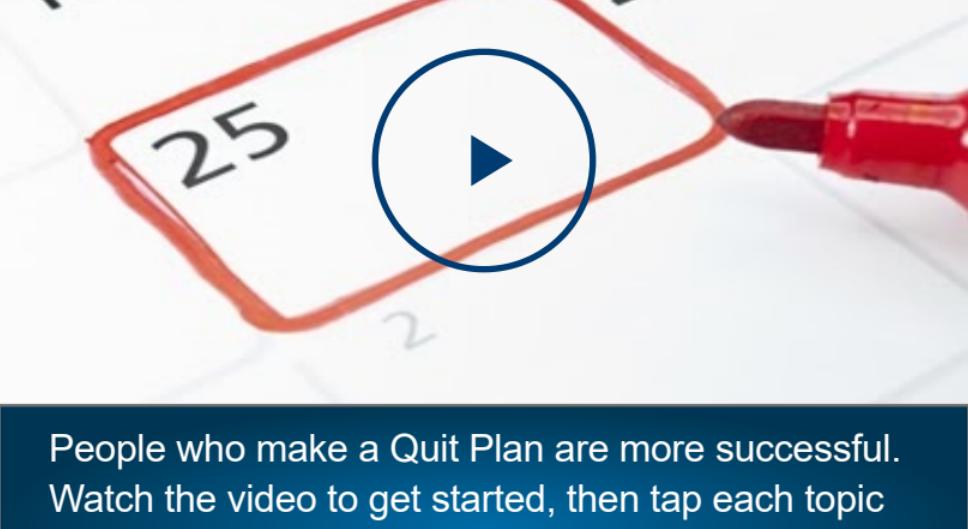
Learn to Quit

Menu

Learn to Quit Progress

75%

Step 1: Make a quit plan



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?



Track Progress



Learn to Quit



My Advice

What is a Quit Date and why is it important?

2018

Wed, September 12



September 2018



S

M

T

W

T

F

S

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

Save Quit Date

Learn to Quit Table of Contents



KAISER PERMANENTE®

[Home](#)

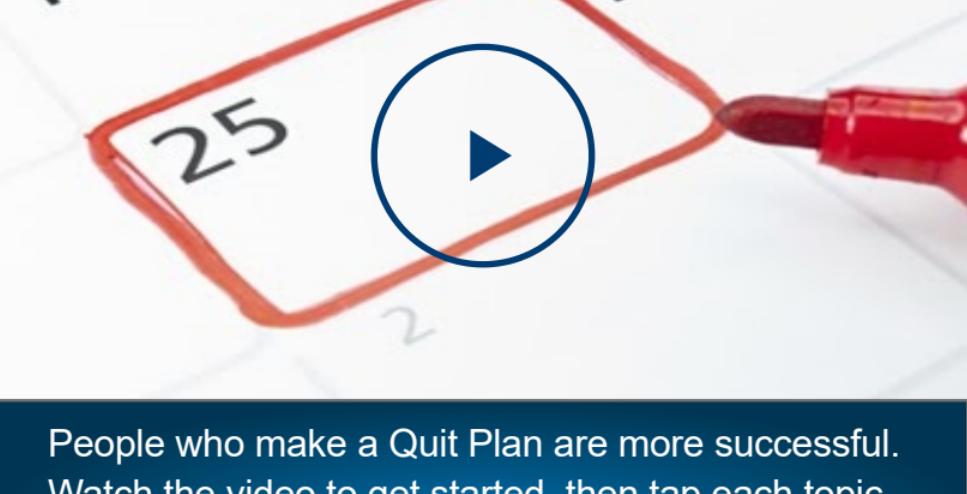
Learn to Quit

[Menu](#)

Learn to Quit Progress

75%

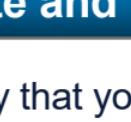
Step 1: Make a quit plan



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.

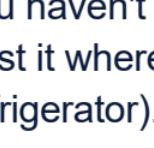


What's a quit plan?

[Track Progress](#)[Learn to Quit](#)[My Advice](#)

What is a Quit Date and why is it important?

A Quit Date is the day that you plan to stop smoking. Setting a Quit Date will help you get ready to stop smoking and make sure you are ready.



Set your Quit Date

You chose September 12, 2018 as your Quit Date. If you haven't already, mark this on your calendar or post it where you'll see it every day (like a refrigerator). This will help keep your goal in mind.

You should start taking your NRT one week before your Quit Date. Learn more about NRT.

If you have to reschedule your Quit Date, choose a new date as close to your original Quit Date as possible. If this happens, you should start your NRT one week before your new Quit Date.



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

100%

Step 1: Make a quit plan



People who make a Quit Plan are more successful. Watch the video to get started, then tap each topic below to learn more about making your Quit Plan.



What's a quit plan?



Track Progress



Learn to Quit



My Advice

What is a Quit Date and why is it important?



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Learn to Quit



Menu

Learn to Quit Progress

20%

Your step-by-step guide to quitting smoking.
Tap each card or search to learn more.

Search the quit guide...



Learn to Quit Table of Contents

Step 1: Make a quit plan



People who make a Quit Plan are more successful. You can start by choosing a quit date.

[Learn more >](#)

Step 2: Use your stop-smoking medicine 30%



We are mailing your nicotine replacement patches to your home address. Start using your



Track Progress



Learn to Quit



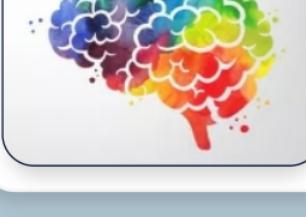
My Advice



As your Quit Date gets closer, it's important to start getting ready mentally.

[Learn more >](#)

Step 4: Learn to be a non-smoker again



Staying quit is all about resisting cravings to smoke, managing your mood and more. It can help to read this section several times, even before you quit. [Learn more >](#)

Step 5: What to do if you slip and smoke



Learning to smoke is easier than learning to quit. It takes most people several tries before they finally stop smoking. If you slip, don't give in! [Learn more >](#)



KAISER PERMANENTE®



Use Your Stop-smoking Medicine



Home

Menu

Step 2: Progress

10%

Step 2 Intro: Use Your Stop-smoking Medicine



We are mailing your nicotine replacement patches to your home address.



About Nicotine Replacement Therapy (NRT)



Track Progress



Learn to Quit



My Advice

Other stop-smoking medications



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Prepare Yourself



Menu

Step 3: Progress

10%

Step 3 Intro: Prepare Yourself



As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

The 3 keys to success



Understanding nicotine dependence and withdrawal



Learn to Quit Table of Contents



KAI SER PERMANENT E®



Home

Prepare Yourself



Menu

Step 3: Progress

10%

Step 3 Intro: Prepare Yourself



As your Quit Date gets closer, it's important to start getting ready mentally.

As part of this step, you'll equip yourself with the knowledge, strategies, and tools to be successful.



Track Progress



Learn to Quit



My Advice

Know the benefits of quitting



The 3 keys to success



Understanding nicotine dependence and withdrawal



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Prepare Yourself

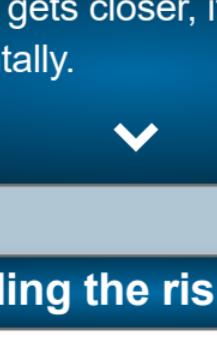


Menu

Step 3: Progress

10%

Step 3 Intro: Prepare Yourself

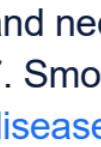


As your Quit Date gets closer, it's important to start getting ready mentally.

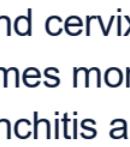


Understanding the risks of smoking

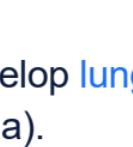
You know that smoking can cause heart disease



Track Progress



Learn to Quit



My Advice

cavities.

2. Smoking causes wrinkles and facial aging.
3. Women who smoke are more likely to have osteoporosis.
4. Men who smoke are more likely to be sexually impotent.
5. Children of smokers have more lung and respiratory problems and are generally less healthy than are children of nonsmokers.
6. Smokers are 10 times more likely than nonsmokers to develop cancers of the lung, head and neck, bladder, and cervix.
7. Smokers are 20 times more likely to develop lung disease (chronic bronchitis and emphysema).
8. Smokers are 2 to 5 times more likely to have heart disease, stroke, and circulation problems.
9. Smokers are sick and hospitalized more often than nonsmokers. It also takes smokers longer to recover from surgery.
10. Smokers miss more workdays than nonsmokers.
11. Smoking can create or worsen problems with mood and anxiety, including depression and panic attacks.
12. Smoking can reduce the effectiveness of some medications used to treat mental health conditions.



Know the benefits of quitting



The 3 keys to success



KAISER PERMANENTE®

Learn to Quit Table of Contents



Home

Prepare Yourself

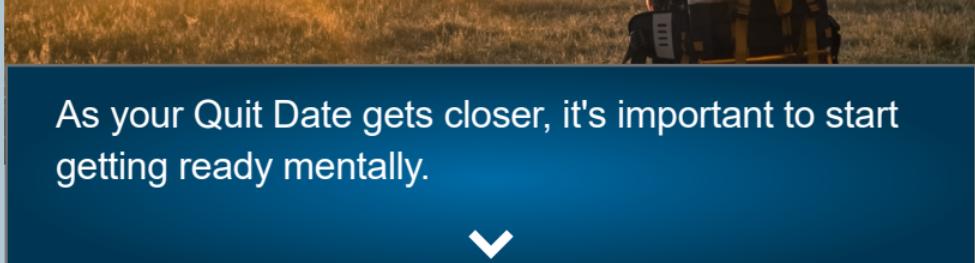


Menu

Step 3: Progress

10%

Step 3 Intro: Prepare Yourself



As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

It's never too late to stop smoking. No matter how

long you've smoked, your health and wellbeing improve when you stop. Tap each link below to see how quickly your body will start healing itself.

20 Minutes

24 Hours

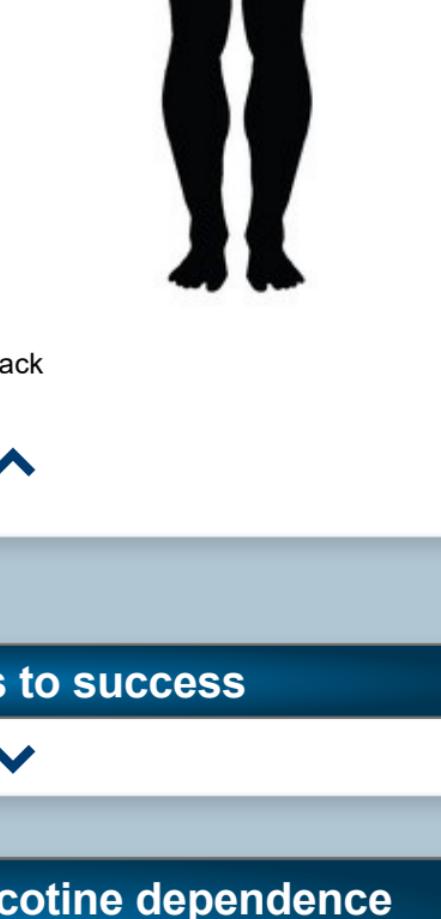
6 Weeks

3 Months

1 Year

5 Years

5-10 Years



[Read all benefits](#)

*based on 1 pack a day at \$7 a pack



The 3 keys to success



Understanding nicotine dependence and withdrawal



[Learn to Quit Table of Contents](#)



KAISER PERMANENTE®



Home

Prepare Yourself

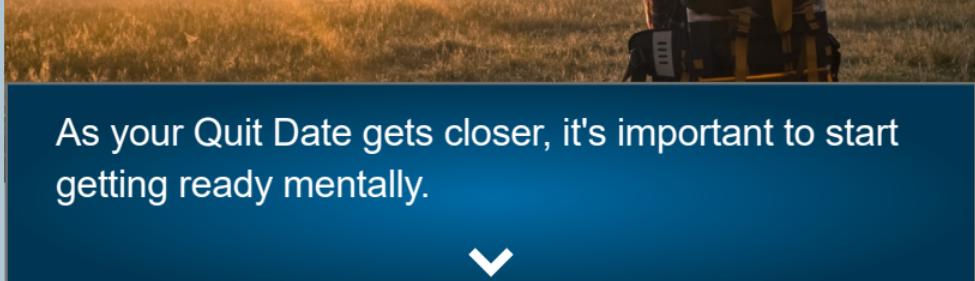


Menu

Step 3: Progress

10%

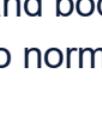
Step 3 Intro: Prepare Yourself



As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

It's never too late to stop smoking. No matter how

long you've smoked, your health and wellbeing improve when you stop. Tap each link below to see how quickly your body will start healing itself.

20 Minutes

Your pulse, blood pressure, and body temperature return to normal.

[24 Hours](#)

[6 Weeks](#)

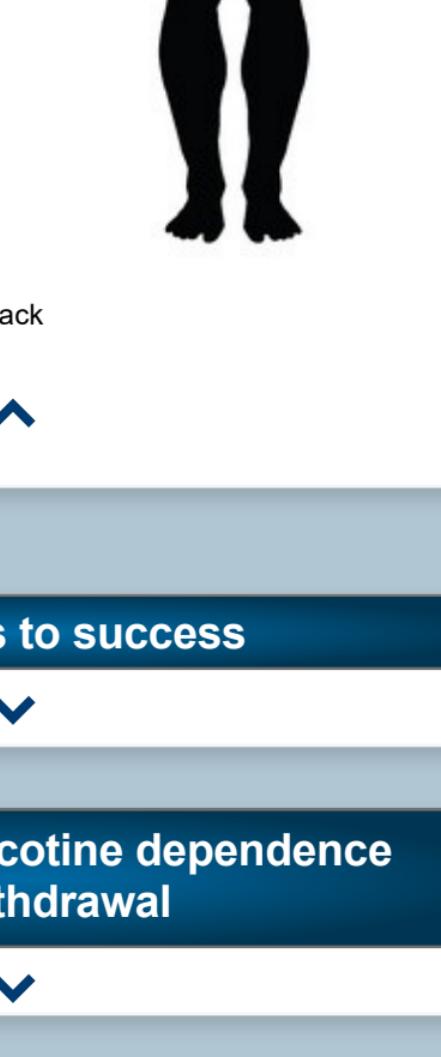
[3 Months](#)

[1 Year](#)

[5 Years](#)

[5-10 Years](#)

[Read all benefits](#)



*based on 1 pack a day at \$7 a pack



The 3 keys to success



KAISER PERMANENTE®

Learn to Quit Table of Contents



Home

Prepare Yourself

Menu

Step 3: Progress

10%

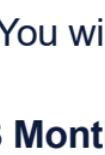
Step 3 Intro: Prepare Yourself



As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

It's never too late to stop smoking. No matter how

long you've smoked, your health and wellbeing improve when you stop. Tap each link below to see how quickly your body will start healing itself.

20 Minutes

- Your pulse, blood pressure, and body temperature return to normal.

24 Hours

- Your circulation improves.
- The carbon monoxide level in your blood returns to normal. (Carbon monoxide is a harmful gas.)

6 Weeks

- Your cough will start to go away.
- Your body stops making extra mucus.
- Your breathing will be easier.
- You will have saved about \$294.*

1 Year

- Your risk of heart disease will be half what it was when you were a smoker.

•You will have saved about \$2534.*

5 Years

- Your risk of mouth, throat, esophageal, and bladder cancer will be cut in half.

•You will have saved about \$12,670.*

*based on 1 pack a day at \$7 a pack



The 3 keys to success



KAISER PERMANENTE®



Home

Prepare Yourself

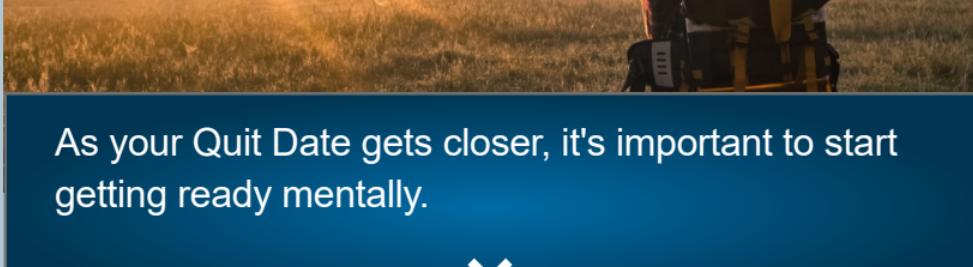


Menu

Step 3: Progress

10%

Step 3 Intro: Prepare Yourself



As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

The 3 keys to success

Millions of Americans have quit smoking. All have 3 things in common. You can quit too if you follow their lead.

MAKE A TOTAL COMMITMENT TO QUITTING

Your commitment is key to quitting. You made a wise choice to quit smoking - don't let anything cause you to waver in your decision!

DON'T SMOKE AFTER YOUR QUIT DATE (NOT EVEN A PUFF)

Don't test yourself or experiment with cigarettes after your Quit Date. Smoking now and then is NOT okay. Any smoking, even a puff, lowers your chance of staying quit. Remind yourself, smoking after your Quit Date is NOT AN OPTION.

[Learn to Quit Table of Contents](#)



KAISER PERMANENTE®



Home

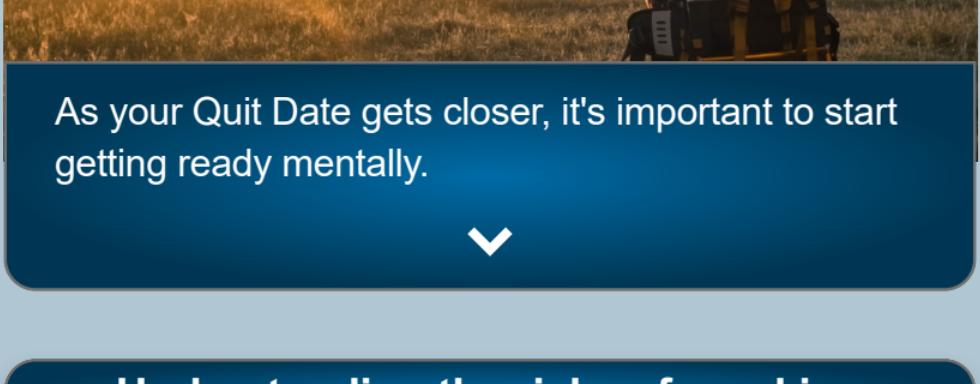
Prepare Yourself

Menu

Step 3: Progress

10%

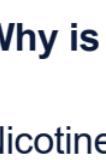
Step 3 Intro: Prepare Yourself



As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

The 3 keys to success



Understanding nicotine dependence and withdrawal

Why is nicotine so addictive?

Nicotine is addictive because:

1. It's fast acting.
2. It makes you feel good.

It takes 6 seconds for nicotine to reach your brain after you take a puff. This causes the release of a chemical (dopamine) that makes you feel good. This makes smoking very rewarding... and very addictive.

What happens when I quit smoking?

To quit smoking for good, you need to break your body's dependence on nicotine. It takes some time, but if you stick it out, it will happen.

When you first quit, you may feel the effects of nicotine withdrawal. These include:

- Emotional changes: irritability, anger, sadness, trouble concentrating, tension
- Physical changes: increased hunger, trouble sleeping, constipation, cravings

These symptoms can be unpleasant, but they will go away over a period of days to weeks. You won't feel this way forever! Your body just needs time to adjust.

[Learn more about coping with withdrawal.](#)



[Learn to Quit Table of Contents](#)



KAISER PERMANENTE®



Home

Prepare Yourself

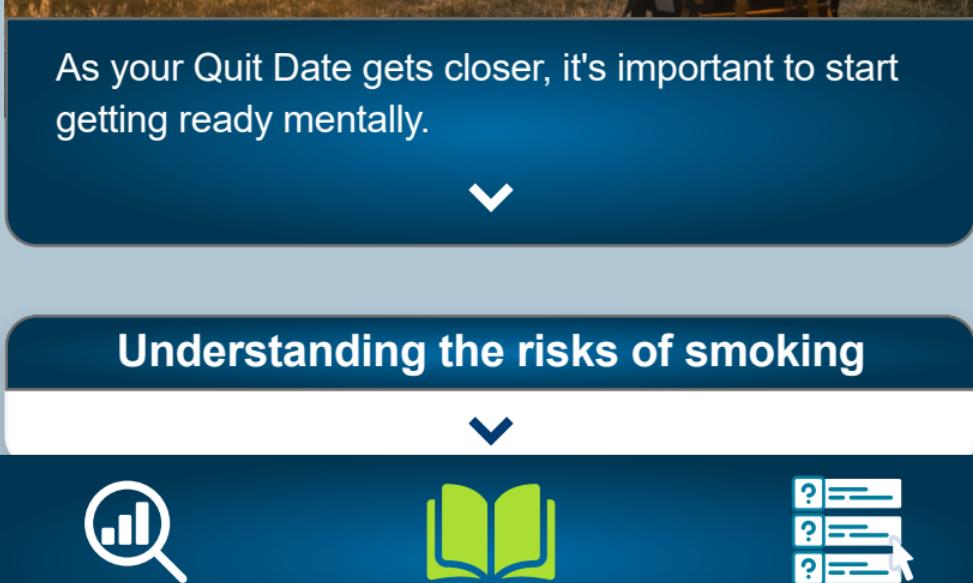


Menu

Step 3: Progress

10%

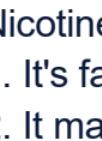
Step 3 Intro: Prepare Yourself



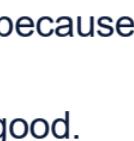
As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

The 3 keys to success



Understanding nicotine dependence and withdrawal

Why is nicotine so addictive?

Nicotine is addictive because:

1. It's fast acting.
2. It makes you feel good.

It takes 6 seconds for nicotine to reach your brain

Coping with withdrawal

Is it nicotine withdrawal or am I getting depressed again?

It's easy to mistake withdrawal symptoms for something more serious—like the beginning of an episode of depression or mania. So how do you tell the difference? It can be hard, but two big clues are (a) how long the symptoms last, and (b) how severe they are. Withdrawal normally lasts 1-2 weeks, although it can last longer. If you quit one month ago and are still feeling very depressed or irritable, or if these symptoms become so severe that you can't get out of bed or don't feel like doing anything, this is unlikely to be due to nicotine withdrawal. If you notice these warning signs, get help from a professional.

Close

Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

Prepare Yourself

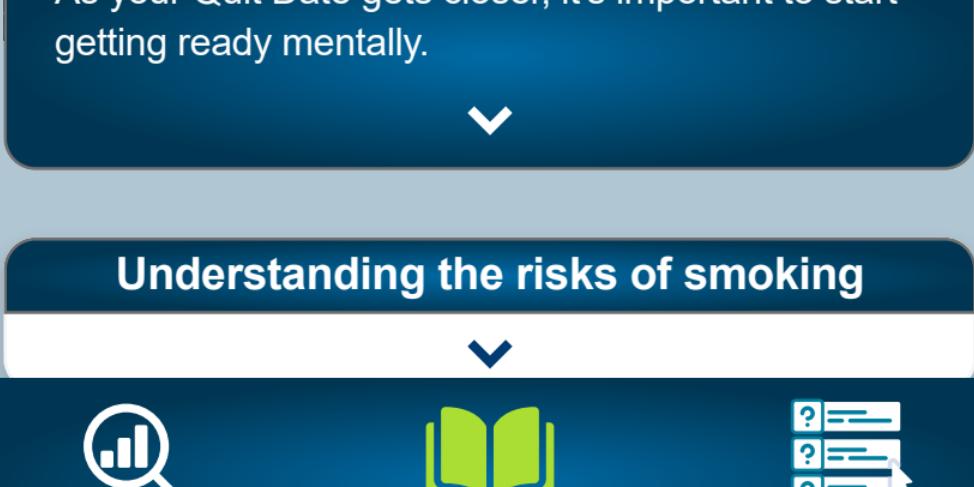


Menu

Step 3: Progress

10%

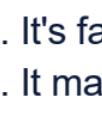
Step 3 Intro: Prepare Yourself



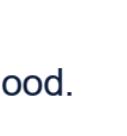
As your Quit Date gets closer, it's important to start getting ready mentally.



Understanding the risks of smoking



Track Progress



Learn to Quit



My Advice

The 3 keys to success



Understanding nicotine dependence and withdrawal

Why is nicotine so addictive?

Nicotine is addictive because:

1. It's fast acting.
2. It makes you feel good.

It takes 6 seconds for nicotine to reach your brain after you take a puff. This causes the release of a chemical (dopamine) that makes you feel good. This makes smoking very rewarding... and very addictive.

What happens when I quit smoking?

To quit smoking for good, you need to break your body's dependence on nicotine. It takes some time, but if you stick it out, it will happen.

When you first quit, you may feel the effects of nicotine withdrawal. These include:

- Emotional changes: irritability, anger, sadness, trouble concentrating, tension
- Physical changes: increased hunger, trouble sleeping, constipation, cravings

These symptoms can be unpleasant, but they will go away over a period of days to weeks. You won't feel this way forever! Your body just needs time to adjust.

[Learn more about coping with withdrawal.](#)



Learn to Quit Table of Contents



KAISER PERMANENTE®



Home

My Advice



Menu

Get help managing nicotine withdrawal or quitting smoking

Get advice now

Tap here for quick advice based on your symptoms.

Send a question

Tap here to send a message to a MyMAP counselor.



KAISER PERMANENTE®



Track Progress



Learn to Quit



My Advice



Home

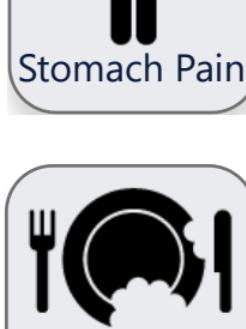
My Advice

Menu



Get advice now

Below are common symptoms you may have when quitting smoking. Tap the ones you have had **over the last few days**. Tap all that apply.



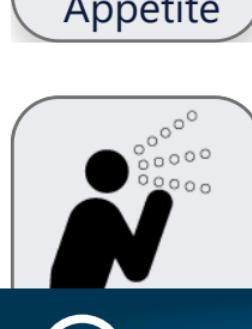
Stomach Pain



Anger



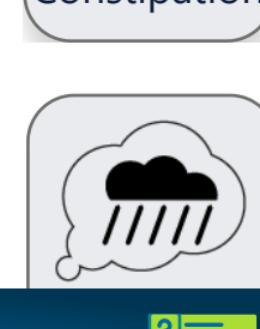
Anxiety



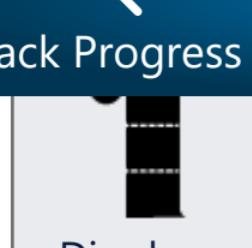
Increased Appetite



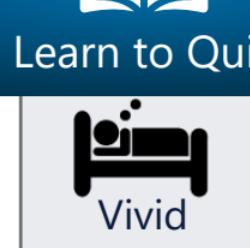
Confusion



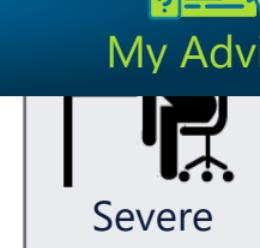
Constipation



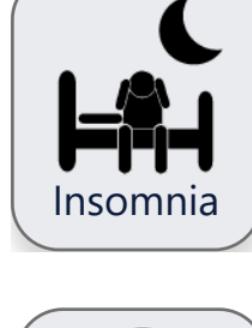
Diarrhea



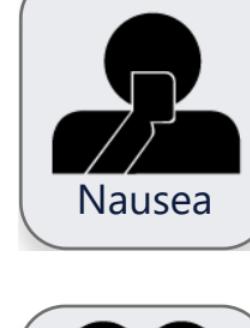
Vivid Dreams



Severe Drowsiness



Gas



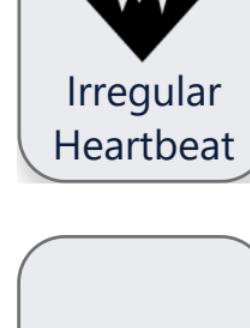
Headache



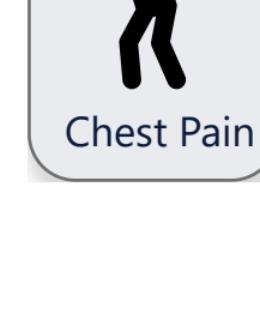
Vomiting



Insomnia



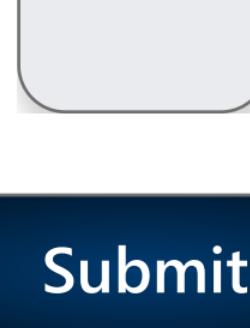
Nausea



Rash from patch



Allergic Reaction



Irregular Heartbeat



Chest Pain

NONE

Submit



KAISER PERMANENTE®



Home

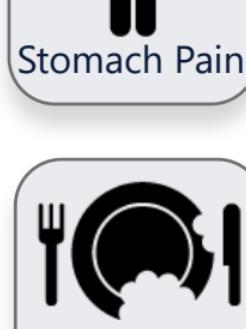
My Advice

Menu



Get advice now

Below are common symptoms you may have when quitting smoking. Tap the ones you have had **over the last few days**. Tap all that apply.



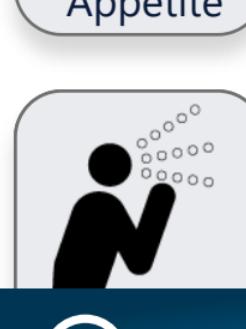
Stomach Pain



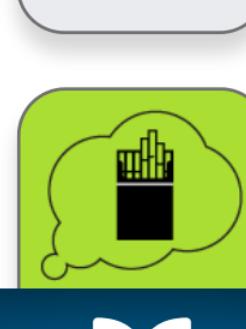
Anger



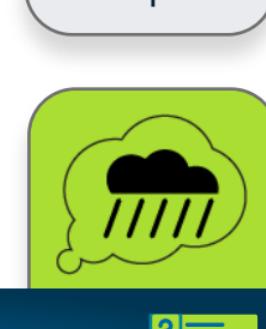
Anxiety



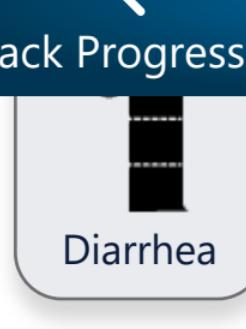
Increased Appetite



Confusion



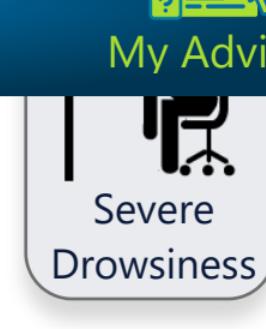
Constipation



Diarrhea



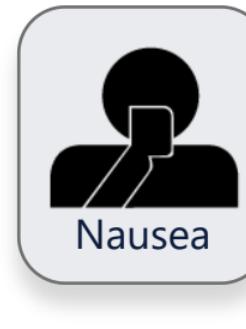
Vivid Dreams



Severe Drowsiness



Gas



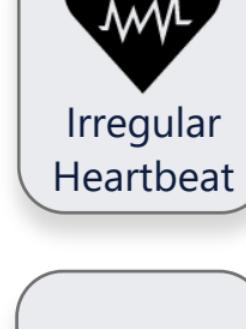
Headache



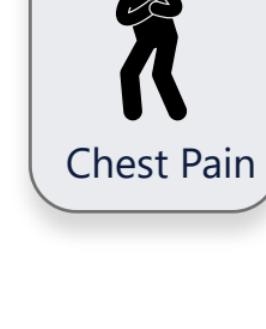
Vomiting



Insomnia



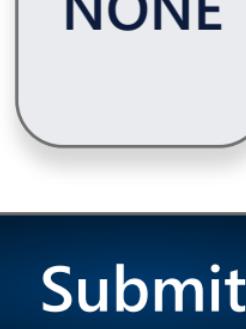
Nausea



Rash from patch



Allergic Reaction



Irregular Heartbeat



Chest Pain



NONE

Submit

KAISER PERMANENTE®



Home

My Advice

Menu

< Back



Anxiety

Please tell us a little more about your symptoms.

How severe has your anxiety been over the past few days?

- Mild (tolerable)
- Moderate
- Severe (intolerable)

Which option best describes your anxiety as a symptom?

- New (began in last 0-3 days)
- Improving (4+ days, but getting better)
- Ongoing (4+ days, but NOT improving)



Track Progress



Learn to Quit



My Advice

Medication

Mark all stop-smoking medication you've taken.



Nicotine patch



Nicotine gum



Nicotine lozenge



Another form of nicotine replacement (inhaler, nasal spray)



Chantix (also called varenicline)



Bupropion (also called Zyban or Wellbutrin)



None

Save

< Back

**KAISER PERMANENTE®**



Home

My Advice

Menu

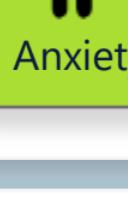
< Back



Get advice now

Your Advice from Sep 17, 2018 09:11 AM

Tap each card below to get help with your current symptoms.



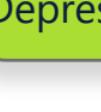
Anxiety

It sounds like you are feeling pretty stressed and anxious. We'll have someone from the MyMAP team contact you within a few days. There may...

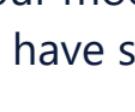


Cravings

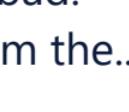
It's normal to have cravings to smoke after you quit, but we know it is not easy. This desire will go away over the coming weeks and months. The trick...



Track Progress



Learn to Quit



My Advice



Depression

smoking. However, you've told us your mood is pretty bad. We'll have someone from the...



Insomnia

Trouble sleeping is one of the most common complaints people have when they first stop smoking. This may be due to nicotine withdrawal, your...



Allergic Reaction

You told us you've recently had signs of a possible allergic reaction (hives, swelling, chest tightness, or difficulty breathing). Allergic reactions...



Past Advice

Tap here to see your past advice.

< Back



KAISER PERMANENTE®

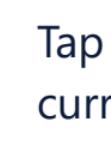


Home

My Advice

Menu

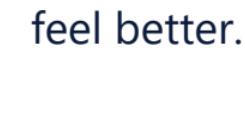
< Back



Get advice now

Your Advice from Sep 17, 2018 09:11 AM

Tap each card below to get help with your current symptoms.



Anxiety

It sounds like you are feeling pretty stressed and anxious. We'll have someone from the MyMAP team contact you within a few days. .

There may be things we can do to help you feel better.

In the meantime, if you experience an extreme change in your mood or behavior, includnig hostile or erratic behavior or thoughts of harming yourself or others:



Track Progress



Learn to Quit

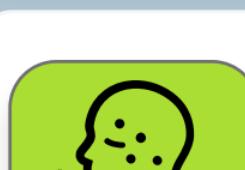


My Advice

a call at 855-206-9999.

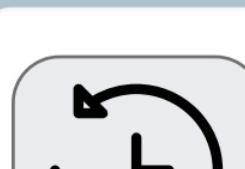
While rare, extreme mood swings or behavior changes may be associated with your stop-smoking medication use and your medication may need adjusting.

Close



Cravings

It's normal to have cravings to smoke after you quit, but we know it is not easy. This desire will go away over the coming weeks and months. The trick...



Depression

It's normal to feel down, sad or even anxious when you stop smoking. However, you've told us your mood is pretty bad. We'll have someone from the...



Allergic Reaction

You told us you've recently had signs of a possible allergic reaction (hives, swelling, chest tightness, or difficulty breathing). Allergic reactions...



Tap here to see your past advice.

< Back



KAISER PERMANENTE®



Home

My Advice

Menu

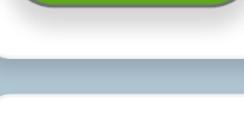
< Back



Get advice now

Your Advice from Sep 17, 2018 09:11 AM

Tap each card below to get help with your current symptoms.



Anxiety

It sounds like you are feeling pretty stressed and anxious. We'll have someone from the MyMAP team contact you within a few days. There may...

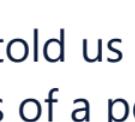


Cravings

It's normal to have cravings to smoke after you quit, but we know it is not easy. This desire will go away over the coming weeks and months. The trick...



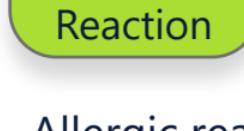
Track Progress



Learn to Quit

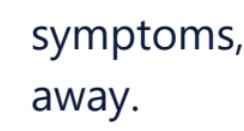


My Advice



Depression

smoking. However, you've told us your mood is pretty bad. We'll have someone from the...



Allergic Reaction

You told us you've recently had signs of a possible allergic reaction (hives, swelling, chest tightness, or difficulty breathing).

Allergic reactions can be very serious. If you are currently experiencing any of these symptoms, please get medical help right away.

We will also have someone from the MyMAP team contact you as soon as possible, but this contact should not replace immediate medical care.

Close

< Back



Tap here to see your past advice.



KAISER PERMANENTE®



Home

My Advice



Menu

< Back



Get advice now

Your Advice from Sep 17, 2018 09:11 AM

Tap each card below to get help with your current symptoms.



Anxiety

It sounds like you are feeling pretty stressed and anxious. We'll have someone from the MyMAP team contact you within a few days. There may...

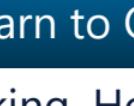


Cravings

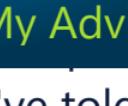
It's normal to have cravings to smoke after you quit, but we know it is not easy. This desire will go away over the coming weeks and months. The trick...



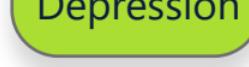
Track Progress



Learn to Quit



My Advice



Depression

smoking. However, you've told us your mood is pretty bad. We'll have someone from the...



Allergic Reaction

You told us you've recently had signs of a possible allergic reaction (hives, swelling, chest tightness, or difficulty breathing). Allergic reactions...



Past Advice

Tap here to see your past advice.

< Back



KAISER PERMANENTE®



Home

Messages



Menu

Secure Messaging Center

Have a question about quitting or need more advice? Send us a question.



Track Progress

Learn to Quit

My Advice

Enter message

Send

Please allow 1-2 business days for a reply.



KAISER PERMANENTE®

MyMAP+ Menu



Home



Track Progress



Learn to Quit



Get Advice Now



Messages



Settings



Tutorial



Log Out

suggestion

suggestion

suggestion

1

2

3

4

5

6

7

8

9

q w e r t y u i o

a s d f g h i k



z

x

c

v

b

n



?123

,

.



1

2

3

ABC

DEF

4

5

6

GHI

JKL

MNO

7

8

9

PQRS

TUV

WXYZ

+ * #

0

