



Welcome to Freedom From Smoking® Plus!

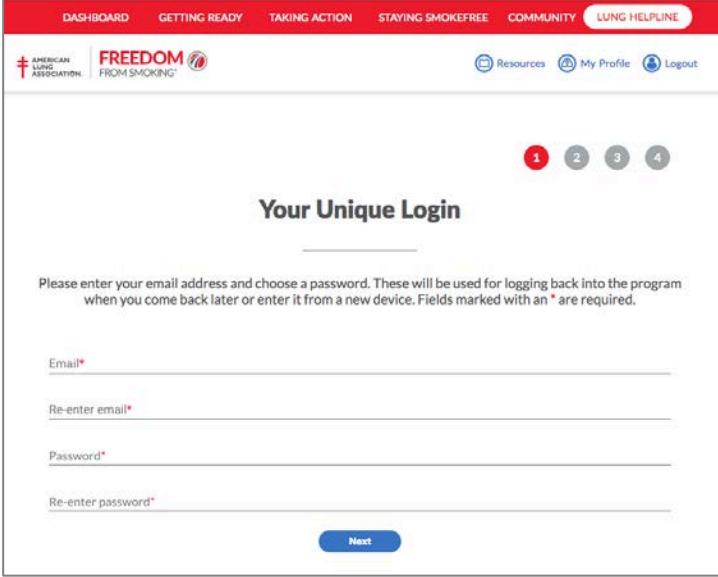
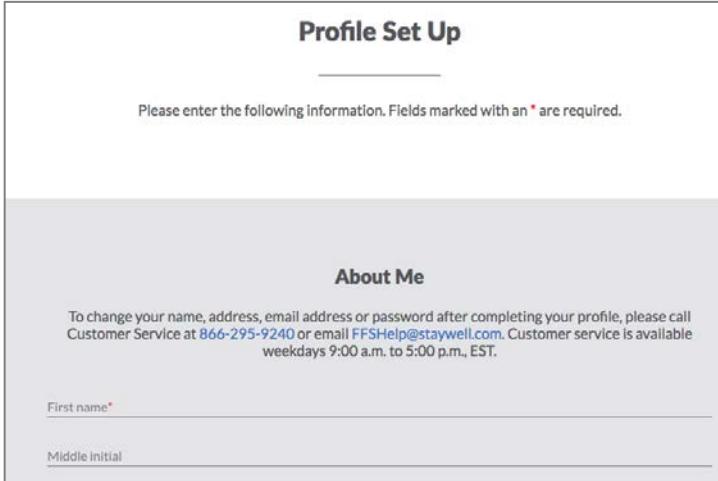
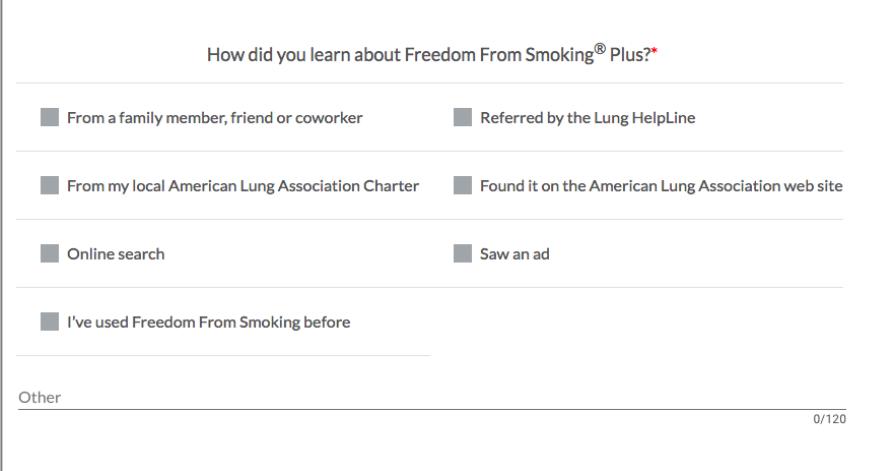
Freedom From Smoking® Plus brings the American Lung Association's proven quit smoking program to your computer, tablet or smartphone and gives you extra support from American Lung Association tobacco cessation counselors. As you start your journey to being smokefree, remember that help is always a call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

Get Ready

It's easy to get started. Click on the following link to access the course, set up your profile and get started: : <https://freedomfromsmoking.org/dashboard/welcome/c71eabec-9e16-49c4-b21a-4306809840c4>.

Click and Go

When you're ready, just click the URL above. 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.

<p>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.</p>	
<p>Then you'll begin to set up your profile.</p> <p>Required information is marked with a red asterisk.</p>	
<p>Please indicate how you learned about Freedom From Smoking® Plus.</p> <p>Click a box or type in your answer on the line marked "Other".</p>	

<p>To get the most out of the course, please check the boxes to indicate:</p> <ol style="list-style-type: none"> 1. The program 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. 	<div style="background-color: #f0f0f0; padding: 10px;"> <p>Contact Preferences</p> <p>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.</p> <p><input checked="" type="checkbox"/> Yes, I would like to receive emailed information and reminders related to my participation in Freedom From Smoking.</p> <p><input checked="" type="checkbox"/> 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.</p> </div>						
<p>Be sure to read the Privacy Policy and the Terms and Conditions.</p> <p>Check the box to indicate you have read and agree to both.</p>	<div style="background-color: #f0f0f0; padding: 10px;"> <p>Please read and agree to our Privacy Policy and Terms and Conditions</p> <p><input type="checkbox"/> I have read and agree. *</p> <p>To change the information you entered at any time, select "My Profile" in the program navigation.</p> <p style="text-align: right;">Next</p> </div>						
<p>Please complete the personal questions – it helps the program know who is being served by the course.</p> <p>This information is for research purposes only.</p> <p>Answering these questions is optional but appreciated.</p>	<div style="background-color: #f0f0f0; padding: 10px;"> <p>Tell Us More About Yourself</p> <p>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.</p> <p>1. How old are you?</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;"><input type="radio"/> Under 18</td> <td style="width: 50%; text-align: center;"><input type="radio"/> 18-25</td> </tr> <tr> <td style="text-align: center;"><input type="radio"/> 26-49</td> <td style="text-align: center;"><input type="radio"/> 50-64</td> </tr> <tr> <td style="text-align: center;"><input type="radio"/> 65 and Older</td> <td></td> </tr> </table> </div>	<input type="radio"/> Under 18	<input type="radio"/> 18-25	<input type="radio"/> 26-49	<input type="radio"/> 50-64	<input type="radio"/> 65 and Older	
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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.

Next you'll read about how to use Freedom From Smoking® Plus...

...including what you should complete to earn a certificate.

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.

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.

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.

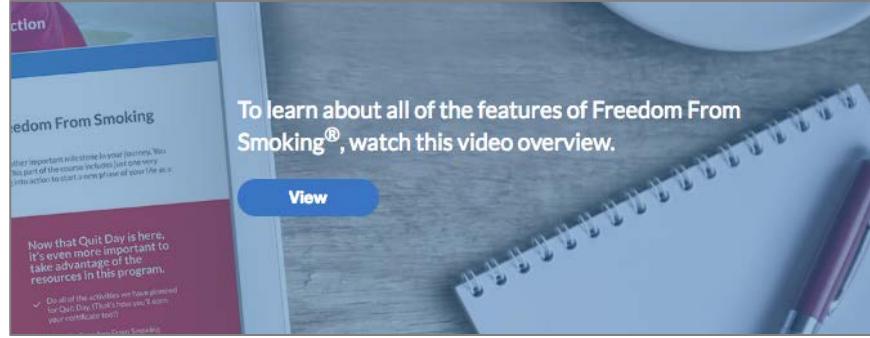
To earn a certificate:



Complete all activities flagged as required.



Take the quiz at the end of each session.

<p>Be sure to watch a short video that gives an overview of all the features of the course.</p>	 <p>To learn about all of the features of Freedom From Smoking®, watch this video overview.</p> <p>View</p>
<p>Next, you'll get ready to choose your Quit Day.</p> <p>First, please check the box to indicate that you have read and understand the requirements for earning a certificate.</p>	<h3>Ready to Choose Your Quit Day?</h3> <p>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.</p> <p><input checked="" type="checkbox"/> I have read and agree.*</p> <p>Next</p>
<p>Then pick your Quit Day...</p>	<h3>Choosing Your Quit Day</h3> <p>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!</p> <p>Pick a Quit Day about three weeks from now. This step is required.*</p> <p>Quit Day:</p> <p>11/25/2016</p> <p><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></p>
<p>...and get started!</p> <p>Click the blue “Go” button to start your journey to a smokefree life!</p>	<h3>Time to Get Started</h3> <p>You will now be taken to your Dashboard for the Freedom From Smoking® program. Good luck and enjoy your journey!</p> <p>Go</p>