



# 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

Whether you have purchased Freedom From Smoking® Plus for yourself or it is being provided to you by your employer or other organization, it's easy to get started.

If you purchased your Freedom From Smoking® Plus membership for yourself, you received a confirmation email that provided the details of your order and included a unique URL that you can use to access the course, set up your profile and get started. If you did not receive a confirmation email with your access URL, please check your device's spam filter. If you do not see the confirmation from StayWell in your spam filter, contact [FFSHelp@staywell.com](mailto:FFSHelp@staywell.com) for assistance

If your employer or somebody else purchased your membership, the email and access URL was sent to whomever placed the order. It may be your Human Resources representative, a community relations coordinator or a member benefits manager. This individual 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.

The screenshot shows the 'Your Unique Login' page. At the top, there is a navigation bar with links: DASHBOARD, GETTING READY, TAKING ACTION, STAYING SMOKEFREE, COMMUNITY, and LUNG HELPLINE. Below the navigation bar is the American Lung Association logo and the 'FREEDOM FROM SMOKING' logo. On the right, there are links for Resources, My Profile, and Logout. The main content area has a progress indicator with four steps, the first of which is highlighted in red. The title is 'Your Unique Login'. Below the title, there is a paragraph: '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.' There are four input fields: 'Email\*', 'Re-enter email\*', 'Password\*', and 'Re-enter password\*'. A blue 'Next' button is at the bottom.



Then you’ll begin to set up your profile.  
Required information is marked with a red asterisk.

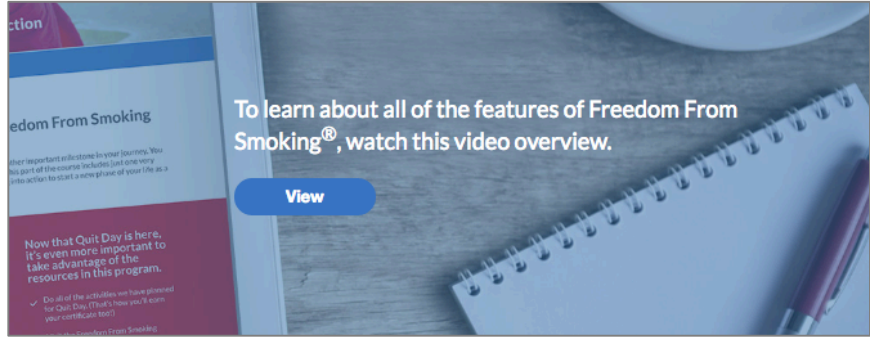
The screenshot shows the 'Profile Set Up' page. The title is 'Profile Set Up'. Below the title, there is a paragraph: 'Please enter the following information. Fields marked with an \* are required.' The main content area has a grey background and is titled 'About Me'. Below the title, there is a paragraph: '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.' There are two input fields: 'First name\*' and '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”.

The screenshot shows the 'How did you learn about Freedom From Smoking® Plus?' page. The title is 'How did you learn about Freedom From Smoking® Plus?'. Below the title, there are six checkboxes with corresponding text: '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', and 'Saw an ad'. Below these checkboxes, there is a checkbox for 'I've used Freedom From Smoking before'. At the bottom, there is an 'Other' input field and a '0/120' character count.

<p>To get the most out of the course, please check the boxes to indicate:</p> <ol style="list-style-type: none"> <li>1. We can email information and reminders to you as you complete the course.</li> <li>2. A representative from the American Lung Association Lung HelpLine can access your account if you need assistance during the course.</li> </ol>	<div data-bbox="631 262 1429 665" style="border: 1px solid #ccc; padding: 10px;"> <p style="text-align: center;"><b>Contact Preferences</b></p> <p style="text-align: center;">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> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p><input checked="" type="checkbox"/> Yes, I would like to receive emailed information and reminders related to my participation in Freedom From Smoking.</p> </div> <div style="width: 45%;"> <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> </div> </div>
<p>Be sure to read our Privacy Policy and the Terms and Conditions.</p> <p>Check the box to indicate you have read and agree to both.</p>	<div data-bbox="646 898 1408 1226" style="border: 1px solid #ccc; padding: 10px;"> <p style="text-align: center;"><b>Please read and agree to our <a href="#">Privacy Policy</a> and <a href="#">Terms and Conditions</a></b></p> <hr style="width: 50%; margin: auto;"/> <p style="text-align: center;"><input checked="" type="checkbox"/> I have read and agree. *</p> <hr style="width: 50%; margin: auto;"/> <p style="text-align: center; font-size: small;">To change the information you entered at any time, select "My Profile" in the program navigation.</p> <p style="text-align: center;"><a href="#" style="background-color: #0056b3; color: white; padding: 5px 10px; border-radius: 5px;">Next</a></p> </div>
<p>Please tell us about yourself – it helps us 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 data-bbox="646 1289 1408 1770" style="border: 1px solid #ccc; padding: 10px;"> <p style="text-align: center;"><b>Tell Us More About Yourself</b></p> <hr style="width: 50%; margin: auto;"/> <p style="text-align: center; font-size: small;">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> <div style="border: 1px solid #ccc; padding: 10px; margin-top: 10px;"> <p><b>1. How old are you?</b></p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="width: 45%; text-align: center;"><input type="radio"/> Under 18</div> <div style="width: 45%; text-align: center;"><input type="radio"/> 18-25</div> <div style="width: 45%; text-align: center;"><input type="radio"/> 26-49</div> <div style="width: 45%; text-align: center;"><input type="radio"/> 50-64</div> <div style="width: 45%; text-align: center;"><input type="radio"/> 65 and Older</div> </div> </div> </div>

<p>Completing the Your Tobacco Use History section also helps the American Lung Association learn more about the people who participate in the course.</p> <p>Answering these questions is optional but appreciated.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Your Tobacco Use History</h3> <hr style="width: 20%; margin: auto;"/> <p>Please answer these eight questions about your tobacco use history. All questions in this section are optional.</p> <p><b>1. Which of the following statements best describes how you feel right now as you start the Freedom From Smoking® program?</b></p> <p> <input type="radio"/> I am ready to start my quit attempt now so I can stop smoking within the next 30 days.         <input type="radio"/> I am not sure I am ready to quit now, but I plan to stop smoking within the next six months.       </p> <p> <input type="radio"/> I am not ready to quit, but am taking this course because I have been asked to participate.       </p> </div>
<p>Next you'll read about how to use Freedom From Smoking® Plus...</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>How to Use Freedom From Smoking® Plus</h3> <hr style="width: 20%; margin: auto;"/> <p>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.</p> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> <p><b>1</b></p> <p><b>Part 1</b> <b>Getting Ready</b> Sessions 1 through 4 (Weeks 1-3)</p> <p>You'll build your motivation to quit, get to know your addiction and make a plan to overcome it.</p> </div> <div style="text-align: center;"> <p><b>2</b></p> <p><b>Part 2</b> <b>Taking Action</b> Session 5 (Day 21)</p> <p>This is your Quit Day. You'll have a plan and you'll have support so you can say goodbye to smoking for good.</p> </div> <div style="text-align: center;"> <p><b>3</b></p> <p><b>Part 3</b> <b>Staying Smokefree</b> Sessions 6 through 9 (Weeks 4-6)</p> <p>You'll learn strategies for getting through the first, most difficult days after quitting—and how to stay smokefree for the long run.</p> </div> </div> </div>
<p>...including what you must complete to earn a certificate that may help lower your health insurance premiums.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <h3>Earning Your Certificate</h3> <p>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.</p> <p><b>To earn a certificate:</b></p> <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;">  <p>Complete all activities flagged as required.</p> </div> <div style="text-align: center;">  <p>Take the quiz at the end of each session.</p> </div> </div> </div>

<p>Be sure to watch a short video that gives an overview of all the features of the course.</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>	<div data-bbox="560 632 1487 976"> <h3 style="text-align: center;">Ready to Choose Your Quit Day?</h3> <p style="text-align: center;">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 style="text-align: center;"><input checked="" type="checkbox"/> I have read and agree.*</p> <p style="text-align: center;"><a href="#" style="background-color: #0070C0; color: white; padding: 5px 15px; border-radius: 5px;">Next</a></p> </div>
<p>Then pick your Quit Day...</p>	<div data-bbox="560 1052 1487 1497"> <h3 style="text-align: center;">Choosing Your Quit Day</h3> <hr style="width: 10%; margin: auto;"/> <p style="text-align: center;">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 style="text-align: center;">Pick a Quit Day about three weeks from now. This step is required.*</p> <p style="text-align: center;"><b>Quit Day:</b></p> <p style="text-align: center;"><input style="width: 80px;" type="text" value="11/25/2016"/></p> <p style="text-align: center;"><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> </div>
<p>...and get started!</p> <p>Click the blue "Go" button to start your journey to a smokefree life!</p>	<div data-bbox="573 1570 1474 1860"> <h3 style="text-align: center;">Time to Get Started</h3> <p style="text-align: center;">You will now be taken to your Dashboard for the Freedom From Smoking® program. Good luck and enjoy your journey!</p> <p style="text-align: center;"><a href="#" style="background-color: #0070C0; color: white; padding: 5px 15px; border-radius: 5px;">Go</a></p> </div>