

Testimonials

“My OT worked with me to find other activities that helped me manage my stress, so I felt like I didn’t have to rely on cigarettes.”

“My OT was extremely sincere in her effort to motivate me to change my habits without feeling pressured.”

“The USC occupational therapists are excellent. I have recommended the program many times to friends and family.”



Lifestyle Redesign®

for

Smoking Cessation

Building better lives through
LIFESTYLE REDESIGN®



USC Occupational Therapy Faculty Practice

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USC Chan Division of Occupational
Science and Occupational Therapy
Faculty Practice

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What is Lifestyle Redesign®?

Our occupational therapists use Lifestyle Redesign® to help people manage daily life more effectively by creating health-promoting habits and routines.

How much time will this take?

Sessions are typically held for 30-60 minutes, one time per week.

However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?

We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan, and if any co-pays or co-insurances apply.

You may need a referral.

Private pay options are also available.

We can help you:

- Identify and manage triggers
- Develop healthy coping strategies for cravings and withdrawals
- Modify your environment to decrease cues for tobacco use
- Address social and emotional issues related to tobacco use
- Discover healthy pleasures and non-tobacco rewards
- Develop healthy eating and exercise routines
- Create a restorative sleep routine
- Learn relaxation and mindfulness techniques
- Prevent and manage chronic conditions related to tobacco use
- Enhance overall well-being and health



So how do I sign up?



Phone
323-442-3340



Email
otfp@med.usc.edu



Locations
Health Sciences Campus
1640 Marengo Street, Suite 500
Los Angeles, CA 90033

University Park Campus
Engemann Student Health Center
1031 W. 34th Street, Suite 452
Los Angeles, CA 90089

Telehealth

Sessions also available online.
Please inquire if interested.

**For more information, visit
our website:
chan.usc.edu/otfp**