



Lifestyle Redesign[®]

FOR SMOKING CESSATION

USC Occupational Therapists use Lifestyle Redesign[®] to help people create health-promoting habits and routines, and better manage their lives.

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 physical activity 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

How much time will this take?

Sessions are typically held for 30-60 minutes, one time per week, in person or via telehealth. 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 apply.

Find out more at chan.usc.edu/otfp

For any questions, email otfp@med.usc.edu, call (323) 442 - 3340 or fax (323) 442 - 3351.

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