User's Guide for NoDip™

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Introduction

Smokeless tobacco usage (also referred to as spit tobacco, dip, chew, etc.) is on the rise. Many cities have banned smoking in public places. Users of cigarettes, looking for an alternative, have experimented with spit tobacco. What they may not have been realized is that spit tobacco is just as addictive as smoking. Many people believe spit tobacco is a safe alternative to smoking. This is not true.

You may have tried to quit spit tobacco several times without success. Perhaps you've tried patches or other such methods but are looking for another means of quitting. Maybe this is your first time trying to quit and want a tool that will help you make that choice permanent. If any of these sound familiar, then NoDip™ can help.

NoDip™ was designed and developed by a former user of spit tobacco (14 years of use). NoDip™ takes a different approach to quitting by providing you with a process to help you quit. This is accomplished by a 5-step program and real-time feedback of your progress. There are also additional motivational elements added to help you quit.

Thank you for trying NoDip™ and best wishes to your success in quitting!

-The WAGWARE Team

Installation

There are two supported platforms for NoDip™, PalmOS and PocketPC's. Please follow the installation instructions for the platform you will be using.

PalmOS Installation

Memory Requirements: Approx. 350k
PalmOS Versions Supported: 3.0-5.2.x

If the file you received is in the form of a .zip file, open the zip file and run 'Setup.exe' to start the installer. If you are running Linux or some other operating system, you may install the 'NoDip.prc' file directly using your sync software. The Windows installer is simply for convenience and not a requirement for installation.

After launching 'Setup.exe', follow the prompts and install to the handheld username (or Hotsync name).

Next, Hotsync your handheld to download the program to your device.

PocketPC Installation

Memory Requirements: Approx 2Mb
Versions Supported: PPC 2002+

If the file you received was is in the form of a .zip file. Open the zip file and run 'Setup.exe' to start the installer. Please follow the prompts to complete the installation process to your handheld.

Profile Setup – Step 1

The first step that you will need to perform is to setup your profile. To do this, start the program and tap 'Step 1'. You will be asked to enter a few pieces of information about your usage of spit tobacco. Please enter this data as accurately as possible. The values entered here will be reflected in other sections of the program. You can always re-run this step if you need to make adjustments later.

From the initial Welcome screen, click the 'Next >>' button to proceed with entering the required data (See Figure 1.0 Below).
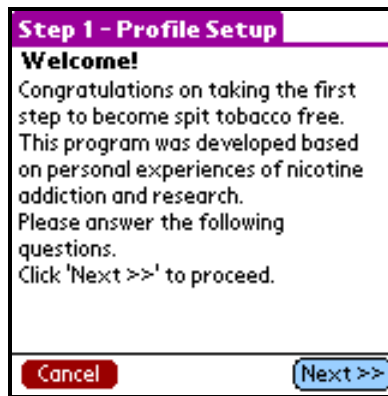
(Figure 1.0)

After entering all required data, click the 'Done' button, this concludes 'Step 1' (See Figure 1.1).

(Figure 1.1)

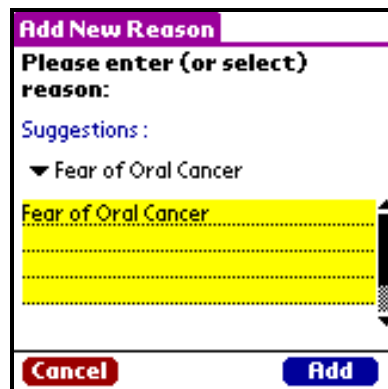# Reasons for Quitting – Step 2

Knowing the reasons why you want to quit is very important to your success in quitting. Perhaps you want to quit because you fear oral cancer. Maybe you want to regain control of your life and the addiction is controlling you instead. In Step 2, you will identify why you want to quit so that you may review those reasons when you have a craving. As you enter new reasons, there are a few pre-defined suggestions that you can select to help you get started.

To enter your reasons, tap 'Step 2' from the main screen (See Figure 2.0).

(Figure 2.0)

Next, tap the 'New' button to add a new reason for quitting. You may then begin entering your reason or you may select from a list of suggested quit reasons by clicking the text '<Select or type below>' and selection a pre-defined reason. Once your reason has been entered, tap 'Add' to add it to your list of quit reasons (See Figure 2.1).
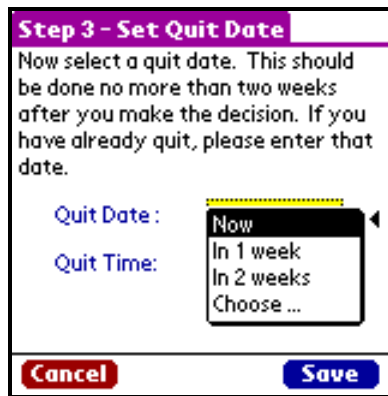
(Figure 2.1)

You may repeat this step to add up to 25 reasons for quitting. Once you have completed adding your reasons, click 'Back' to return to the main screen. If you need to remove an entry, simply tap on it from the list and then tap the 'Remove' button. If you want to keep it, instead tap 'Keep'.
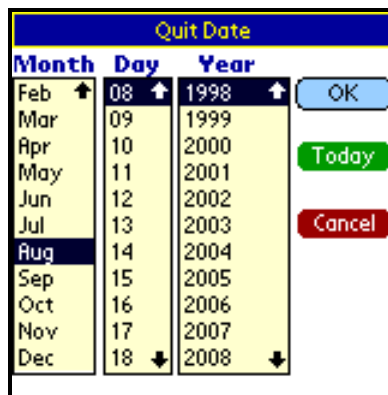

Set Quit Date – Step 3

Now it's time to decide when you will be quitting. If you have already quit, simply select the date you quit by tapping the dotted box beside the 'Quit Date' prompt. If you haven't decided on a quit date yet, it is recommended to do so within 1 to 2 weeks from your decision date. You can set the date for a time in the future, current or past.

If you would like the program to calculate your quit date for you, tap the arrow to the right of the dotted box and select 'Now', 'In 1 week', 'In 2 weeks' or 'Choose …' if you would like to choose another date (See Figure 3.0 below).

(Figure 3.0)

If you would like to set your quit date to another date, simply tap the dotted box to the right of 'Quit Date' and make the Month / Day / Year selection and tap 'Ok' (See Figure 3.1).

(Figure 3.1)

Once your quit date has been selected, tap the 'Save' button to save your changes.

Change Your Routine – Step 4

Tap the button for 'Step 4' to begin this step. Here you will be given several suggestions on how you can change your routine to make the quit process easier. Please review this step daily or whenever you have a craving. It's important that you apply each of the elements to increase your chances of success quitting.

Monitor Progress – Step 5

This step is ongoing and always available to assist. It was designed to provide you with real-time information about your quit status. The information on this screen is very useful for seeing the value of your quit process. Here you can associate real benefits from quitting, including: the amount of life you will enjoy by quitting (estimated), the amount of money you have saved by not spending it on spit tobacco products and much more.

In the next sections, this screen will be described in more detail.
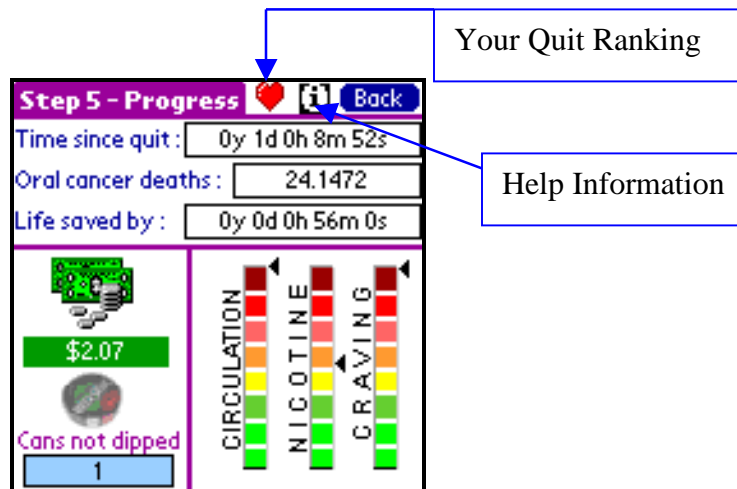
(Figure 5.0)

Top Section

- Time since quit - The amount of time that has elapsed since you quit.
- Oral cancer deaths - This is the estimated number of Oral cancer deaths (approx. 1 per hour in the USA) that have occurred since you quit dipping.
- Live saved by - This is the estimated amount of time from your life that has been saved since you quit.

Lower-left section

- Dollars not spent on Spit Tobacco - This is the total amount of money you didn't spend on spit tobacco. *Use this money as a reward and go buy something for yourself or a loved one!*
- Cans not dipped - This is the total number of cans that you did not buy since you quit.

Lower-right section

- Circulation - This is an estimate in the amount of additional risk of heart attack from dipping.
- Nicotine - The estimated amount of Nicotine remaining in your bloodstream.
- Craving - Approximate craving level you may be experiencing at the present time.

Your Ranking

The icon immediately above your quit time (the Heart in Figure 5.0) is your ranking. As your quit continues, different icons will appear in this area representing your achievement. This is a useful way of sharing your success with others.

Ranking Chart

Rank	Description
	HEART (1-7 Days)
	PEAR (8-30 Days)
	ORANGE (31-92 Days)
	HAT (93-180 Days)
	SMILEY (181-365 Days)
	TROPHY (366-730 Days)
	ROCKET (731-1095 Days)
	ALIEN (1096-1825 Days)
	GOLDBAR (1826-3650 Days)
	DIAMOND (>3651 Days)

Motivation

NoDip™ also includes a few tools that will be useful to help motivate you through the quit process. From the main screen, tap where you see '<Tap Here>' to bring up a list of motivations. Tap the associated motivation from the selector to proceed.

Currently there are two motivations, these are:

- Cancer Pictures – Pictures of Oral Cancer victims.
- Warning Signs – Multiple signs you should be aware of that may indicate cancer (Please consult your Doctor immediately should any of these signs occur).
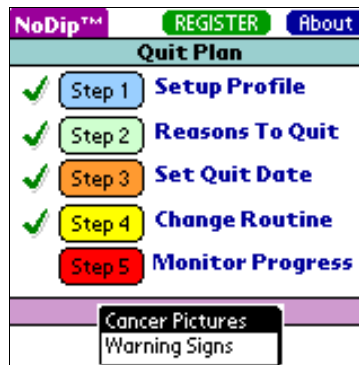
Other Options

There are two menu options, they include an option to 'Reset / All Data'. Selecting this option will erase all user data (Reasons for quitting, habit specifics, Quit Date, etc.). The next option will allow you to change the currency symbol and for Registered Users, the ability to automatically begin Step 5 (Monitor Progress) on application start.

Conclusion

As you can see, NoDip™ is a serious tool for those who are trying to quit spit tobacco use. The tools are here to help you to be successful but ultimately it is matter of your own determination and willpower. It can be done and you will feel much better once you have.

If you would like to share your success with us using NoDip™, we would be happy to hear from you! Please e-mail us at nodip@wagware.com .

Thank you for your interest in our product and best wishes to your success!

-The WAGWARE Team
http://www.wagware.com