

Give it up and **live** it up



**BlueCross BlueShield
of Illinois**

You can have a healthier, smoke-free life

Smoking-related diseases cause an estimated 480,000 deaths in the United States each year. Smoking is responsible for an estimated one in five U.S. deaths and costs the U.S. over \$300 billion each year in health care costs and lost productivity.

But here's the good news. Quitting smoking can lead to immediate and lifetime health benefits. Stopping isn't easy, but when you know what your options are and where to go for help, you'll have a better chance of staying smoke-free.

Get help and support

Cut out and carry this wallet-sized card and use it as a quick guide for helpful tips and resources on smoking cessation.

Having the right support and resources can help you break free from smoking, and stay that way.



Smoking Cessation Tips

Ready to stop smoking and start living a healthier life? Refer to these important tips to stay on course with your stop smoking plan:

- Target a stop date and record your reasons for stopping.
- Get support from friends, family, your physician and stop-smoking resources and programs.
- Reduce stress to curb the urge to smoke.
- Take medication, if necessary, and use it correctly.*
- Prepare for relapse by focusing on your goals and reasons for quitting.

*Smoking cessation medication may not be covered by member's benefit plan.

Stop smoking

Steps you
can take:



Prepare the way

Now that you've decided to stop smoking, you will need to set a quit date. Also, change your environment by getting rid of all cigarettes and ashtrays in your home, car, and workplace, and don't let people smoke in your home. Now is a good time to review your past attempts to quit. Think about what did and didn't work. Once you have quit, don't smoke at all.

Plan your defense

Studies have shown that you have a better chance of being successful if you have help. Solicit support from family, friends and coworkers, talk to your health care provider and get individual, group or telephone counseling. Programs are also available at local hospitals and health centers. Call your local health department for information about programs in your area.

Behave yourself

Smoking has been a habit, so it's only natural to think about it when you're trying to quit. Learning new behaviors can help distract you from the urges to smoke. Try talking to someone, going for a walk, or getting busy with a task. Changing your routine can help, too. Take a different route to work or drink tea instead of coffee. Make sure you reduce your stress and plan something enjoyable to do every day. Drink plenty of water and other fluids.

Get a dose of success

Thinking about trying medications to help you quit the habit? Medications not only help you stop smoking and lessen the urge to smoke, they can double your chances of quitting for good. Ask your health care provider for advice before you try any medications and carefully read the information on the package.

Try, try again

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember that most people try several times before they finally quit. Watch out for difficult situations, such as drinking alcohol, being around other smokers, gaining weight and feeling depressed, and look for positive ways to counteract them. Review your reasons for quitting, and focus on the health and lifestyle benefits of not smoking.



Sources: Centers for Disease Control and Prevention; smokefree.gov

Helpful Resources for Smoking Cessation

American Cancer Society (ACS)
1-800-ACS-2345

American Heart Association
1-800-AHA-USA1

American Lung Association
1-800-LUNG-USA

The Smoking Quitline of the National Cancer Institute
1-877-44U-QUIT



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