

You Can Quit Smoking Now

Smoking is the leading cause of preventable death and disease in the United States. It kills more than 480,000 Americans each year.

Smoking is harmful to your body. This includes cigarettes, cigars and e-cigarettes. Using these products exposes your body to harmful chemicals that can cause cancer. Secondhand smoke is also unsafe to those around you, including infants and children.

It is important to really want to quit smoking. This will help you fight cravings and give you a better chance of quitting for good. You can do it.

Tips to help you quit

- Write down all the reasons to quit. Start with the health of you and your family. Next, write down that it will save you money. There are many more reasons. What are some of the reasons you want to quit?
- Pick a quit date. Choose a day within the next 2 weeks to quit smoking. Be sure to pick a day when you will be less stressed so you don't want to smoke more. Remind yourself why you want to quit every day until you reach your quit date.
- Tell your family and friends. They can encourage you not to smoke and help keep you distracted.
- Choose a quit buddy. If you know others who smoke, try quitting together. You can encourage each other every day and stay smoke-free together.
- Choose activities to do instead of smoking. Keep yourself busy with activities you enjoy. Instead of smoking, try exercising, drawing, reading or listening to music.
- Learn ways to cope with cravings. Cravings are real, but you can beat them. Ask your doctor if medicines to help with cravings are right for you.
- Stay strong. Quitting isn't easy, but you can do it. Your health is worth it.



Quitting smoking can lower your risk of many serious health conditions.

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Is it too late to quit?

No! It is never too late to quit smoking. No matter how much or how long you've smoked, quitting can help you live a healthier life.

Want help quitting?

Call the Louisiana Tobacco Quitline **1-800-QUIT NOW (1 800-784-8669)** TTY at **1-866-228-4327**, 24 hours a day, 7 days a week.

For more information about healthy lifestyle changes please call Member Services at **1-888-756-0004**, 24 hours a day, 7 days a week.

Source: Centers for Disease Control and Prevention

This is to help you learn about your medical condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.

You can have this information in other languages and formats at no charge to you. You can also have this interpreted over the phone in any language. Call Member Services 24 hours a day, 7 days a week at **1-888-756-0004**. For TTY, call **1-866-428-7588**.

Quý vị có thể có thông tin này bằng các ngôn ngữ và định dạng khác miễn phí. Quý vị cũng có thể có thông tin này thông dịch ra bất kỳ ngôn ngữ nào qua điện thoại. Xin gọi Dịch vụ Thành viên phục vụ 24 giờ/ngày, 7 ngày/tuần theo số **1-888-756-0004**. Đối với người sử dụng TTY, xin gọi số **1-866-428-7588**.

Usted puede tener esta información en otros idiomas y formatos sin costo alguno para usted. También puede tener esto interpretado por teléfono en cualquier idioma. Llame a Servicios al Miembro al **1-888-756-0004** las 24 horas del día, los 7 días de la semana. Para TTY, llame al **1-866-428-7588**.

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AmeriHealth Caritas
Louisiana

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