

## Yes, You CAN Quit Smoking

You want to quit smoking. We know you can. Here's how!

### Take these five proven steps to quit.<sup>1</sup>

Follow these steps to quit smoking – for good.

- 1. Do it!** Set a date to quit. Get rid of all cigarettes and ashtrays at home, work and in your car. Don't let others around you smoke. If you have tried to quit and failed, think about what did and did not work.
- 2. Get help.** Tell your family and friends that you are quitting and ask for their help. Call our Customer Care Center to sign up for a stop smoking class at no cost to you. For help over the phone, call **1-800-QUITNOW (1-800-784-8669)**. This service offers one-on-one help to quit smoking at no cost to you.
- 3. Learn new habits.** When you have the urge to smoke, take a break and do something different. Take deep breaths. Go for a walk. Call a friend. Take a hot bath, read a good book, or chew gum.
- 4. Use medication correctly.** As a BlueChoice HealthPlan member, you can get medicine from your doctor to help you quit at no cost to you. This may be gum or patches.

To get a free prescription, follow these steps:

- Ask your doctor for a prescription for nicotine replacement therapy (NRT).
- Bring your prescription to your pharmacy.

- 5. Prepare for relapse or tough times.** Try again and again if you don't succeed. Quitting isn't easy. Quitting for good takes time. Cigarettes are very addictive.

### Need a pep talk?<sup>2</sup>

Post these reasons as daily reminders:

- Smoking affects almost every organ in your body and can cause major diseases.
- Your health improves within a single day after quitting.
- You will save money by not buying tobacco.
- By quitting, you will smell better.
- By quitting, food will taste better.
- By quitting, you will feel better.
- By quitting, you may live longer.



## Protect your loved ones from secondhand smoke.<sup>3</sup>

Secondhand smoke contains more than 50 cancer causing chemicals. Thousands of nonsmokers die from secondhand smoke each year. Don't expose your loved ones to secondhand smoke. By quitting smoking, you will help them as well as yourself stay healthy.

### We are here to help you.

Your doctor or nurse can help you come up with a plan to quit that is right for you. Ask about medication to help you quit, at no cost to you. You also can call our Customer Care Center, MedCall®, the 24-hour nurse help line or the Centers for Disease Control and Prevention for more information.



### BlueChoice HealthPlan Medicaid

Customer Care Center: **1-866-781-5094**

TTY line: **1-866-773-9634**

MedCall: **1-866-577-9710**

TTY line: **1-800-368-4424**

**[www.bluechoicescmedicaid.com](http://www.bluechoicescmedicaid.com)**

Centers for Disease Control and Prevention (CDC): **1-800-232-4636**

**[www.cdc.gov](http://www.cdc.gov)**

TTY lines are only for members with hearing and speech loss.



Medicaid

Sources: <sup>1</sup>Centers for Disease Control and Prevention, *Five Keys for Quitting Smoking* (Accessed: August 2009): [http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/you\\_can\\_quit/five\\_keys/](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/five_keys/)

<sup>2</sup>Smokefree.gov, *Thinking about Quitting* (Accessed: August 2009): [http://www.smokefree.gov/quit-smoking/reasons\\_for\\_quitting.html](http://www.smokefree.gov/quit-smoking/reasons_for_quitting.html)

<sup>3</sup>Office of the Surgeon General, *What is Secondhand Smoke?* (Accessed: August 2009): <http://www.surgeongeneral.gov/library/secondhandsmoke/factsheets/factsheet1.html>

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