

# 1-800-QUIT-NOW



We can help you draw the line.

- 1-800-QUIT-NOW is a free service to help people stop smoking or quit other forms of tobacco use.
- When you call 1-800-QUIT-NOW your quit coach will work with you to develop a personalized plan and provide you with information that will help you quit using tobacco.
- You will have access to many different types of cessation information and services, including free support and advice from an experienced cessation counselor, a personalized quit plan and self-help materials, social support and coping strategies to help you deal with cravings, and the latest information about cessation medications that can help you quit.
- There is strong evidence that Quitline callers are more likely to succeed than those who try to quit smoking on their own.
- This program was developed in collaboration with and is sponsored by the States and the US Department of Health and Human Services.
- Call 1-800-QUIT-NOW to get the help and support you need TODAY!

ADVANTAGE  
Health Solutions, Inc.<sup>SM</sup>  
9045 River Road, Suite 200  
Indianapolis, IN 46240

Member Services: 1-877-901-2237  
[www.advantageplan.com](http://www.advantageplan.com)

Or the Wellness Department at:  
(317) 573-0287  
Email: [wellness@advantageplan.com](mailto:wellness@advantageplan.com)

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*proudly sponsors*



# Tobacco Education

## *What You Need to Know to Quit*



**ADVANTAGE**

*...rising above the service you expect<sup>SM</sup>*

# HOW CAN I STOP SMOKING?

You'll have the best chance to stop smoking if you do the following:

- Get ready
- Get support and encouragement
- Learn how to handle stress and the urge to smoke
- Get medication and use it correctly

## *How should I get ready to stop smoking?*

Set a stop date 2 to 4 weeks from now so you'll have time to get ready. Write down your personal reasons for stopping. Be specific. Keep your list with you so you can look at it when you feel the urge to smoke.

To help understand your smoking habit, keep a diary of when and why you smoke. Using information from this diary, you and your doctor can make a plan to deal with the things that make you want to smoke.

Just before your stop date, get rid of all of your cigarettes, matches, lighters and ashtrays.

## *How can I get support and encouragement?*

Tell your family and friends what kind of help you need. Also, ask your family doctor to help you develop a plan to stop smoking. He or she can give you information on telephone hotlines, such as 1-800-QUIT-NOW (784-8669), or self-help materials that can be very helpful. Your doctor can also recommend a stop-smoking program. These programs are often held at local hospitals or health centers.

## *What about stress and my urges to smoke?*

You may have a habit of using cigarettes to relax during stressful times. Luckily, there are good ways to manage stress without smoking. Relax by taking a hot bath, going for a walk, or breathing slowly and deeply. Think of changes in your daily routine that will help you resist the urge to smoke.

## *Will I gain weight when I stop smoking?*

Most people gain a few pounds after they stop smoking. Remember that any weight gain is a minor health risk compared to the risks of smoking. Dieting while you're trying to stop smoking will cause unnecessary stress. Instead, limit your weight gain by having healthy, low-fat snacks on hand and being physically active.

## *What about nicotine replacement products or medicine?*

Nicotine replacement works by lessening your body's craving for nicotine and reducing withdrawal symptoms. This lets you focus on the changes you need to make in your habits and environment. Once you feel more confident as a nonsmoker, dealing with your nicotine addiction is easier.

## ADVANTAGE NOW COVERS THESE SMOKING CESSATION DRUGS

- Buproban (generic for ZYBAN®)
- CHANTIX® (varenicline) *Members receiving CHANTIX may utilize [www.GETQUIT.com](http://www.GETQUIT.com) for additional information*
- NICOTROL® Inhaler or nasal spray (nicotine)
- ZYBAN® (bupropion)

These medicines do not contain nicotine, but help you resist your urges to smoke. Talk to your doctor about which of these products is likely to give you the best chance of success. For any of these products to work, you must carefully follow the directions on the package.

*NOTE: These medications will be covered for one hundred twenty (120) days of therapy of any single or combination of the above products.*