

QUITTING MATTERS START TODAY

For Michigan residents who have Medicare, Medicaid, or county health plan as their insurer, or are veterans the Michigan Tobacco Quitline offers:

Coaching Services

- Four phone sessions
- A highly trained counselor will call to support you through the quit process

Ongoing Support

- Additional help between coaching sessions, 7 days a week, 24 hours a day
 - by phone
 - by text
 - by email

You may also be eligible for:

Drug Therapies

- Up to four weeks of nicotine patches, gum, or lozenges to help you quit

If you have another insurance plan:

You will be referred to your insurance provider to receive their designated tobacco cessation resources.

ARE YOU A TOBACCO USER?

QUITTING MATTERS

We can refer you to
the Michigan Tobacco Quitline
to help you quit.

1-800-QUIT-NOW (1-800-784-8669)

Information in this brochure gathered from:
smokefree.gov
<http://www.michigan.gov/tobacco>



IT IS NEVER

TOO LATE
TO QUIT SMOKING

FACTS ABOUT QUITTING TOBACCO

Fact: The decision to quit is the most important decision you can make for your health today.

Fact: During the first few weeks after you quit you may experience withdrawal, which is your body getting used to not having nicotine. Withdrawal may make you want to use tobacco, but these feelings are temporary.

Fact: The benefits of quitting tobacco far outweigh the discomforts of withdrawing from nicotine.

Fact: There are several medications that can help you cope with nicotine withdrawal and increase your chances of overcoming your nicotine addiction.

Fact: Doctors and other health care team members can provide support, information, and any necessary drug therapies to help you quit.

THE DANGERS OF CONTINUING TO SMOKE

- Smoking harms almost every part of your body, including the blood, heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones, bladder, and digestive organs
- Any amount of smoking, even light smoking or occasional smoking, damages the heart and blood vessels
- More side effects from surgery and a slower recovery time
- Higher chance of developing cancer
- Higher risk of developing other serious illnesses, such as heart and lung diseases

QUITTING MATTERS START TODAY

The Michigan Tobacco Quitline will help you with your plan to quit. Here is some advice to help you quit:

- Set a quit date now
- Talk with your provider about which approach will be best for you
- Choose a buddy – encourage loved ones to quit
- Tell family/coworkers you are quitting tobacco and request their support
- Remove all tobacco products from the home
- Anticipate difficulties quitting, especially during the first few weeks:
 - Avoid triggers
 - Change habits associated with smoking
 - Find new activities you enjoy