

Quitting takes hard work and a lot of effort, but -

You Can Quit Smoking

SUPPORT AND ADVICE FROM L.A. CARE HEALTH PLAN

WANT TO QUIT?

- Nicotine is a strong drug.
- Quitting is hard, but don't give up. You can do it.
- Many people try 2 or 3 times before they quit for good.
- Each time you try to quit, the more likely you are to succeed.



GOOD REASONS FOR QUITTING:

- You will live longer and live healthier.
- The people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, stroke, or cancer.
- My reason for quitting: _____

TIPS TO HELP YOU QUIT:

- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- Ask your family, friends, and coworkers for support.
- Breathe in deeply when you feel the urge to smoke.
- Keep yourself busy.
- Reward yourself often.

QUIT AND SAVE YOURSELF MONEY:

- At over \$5 a pack, if you smoke 1 pack a day, you will save more than \$1,800 each year and more than \$18,000 in 10 years.
- What I will do with the money I save?



FIVE KEYS FOR QUITTING

MY QUIT PLAN

1. GET READY.

- Set a quit date and stick to it—not even a single puff!
- Think about past quit attempts. What worked and what did not?

2. GET SUPPORT AND ENCOURAGEMENT.

- Tell your family, friends, and others in your life that you are quitting.
- Talk to your doctor or other health care provider.
- Get group or individual counseling.
- For free help, call the California Smokers' Helpline at 1-800-NO-BUTTS (1-800-662-8887).

3. LEARN NEW SKILLS AND BEHAVIORS.

- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to smoke.
- Plan something you enjoy doing every day.
- Take a walk outside or get some exercise.
- Drink a lot of water and other fluids.
- Replace smoking with healthy, crunchy foods such as carrot sticks and apples.

4. GET MEDICATION AND USE IT CORRECTLY.

- Talk with your doctor to get a prescription for the medication that will work best for you. These are the medications your doctor might prescribe:
 - Bupropion HCL (Zyban®*)
 - Varenicline (Chantix®*)
 - Nicotine patch (Nicoderm CQ®†)
 - Nicotine lozenge or gum (Nicorette®†)
- These medications may have a co-pay. Please ask your pharmacist.

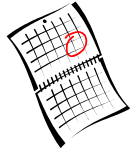
* Available on L.A. Care Medicare Advantage and MCLA formulary

† Available on MCLA formulary

5. LEARN NEW SKILLS AND BEHAVIORS.

- Avoid alcohol.
- Stay away from other people when they smoke.
- Improve your mood in ways other than smoking.
- Eat a healthy diet and stay active.

1. MY QUIT DATE:



2. WHO CAN HELP ME:

3. SKILLS AND BEHAVIORS I WILL USE:

4. MY MEDICATION PLAN:

Medications: _____

Instructions: _____

5. I WILL PREPARE BY:

**Quitting smoking is hard.
Be prepared for challenges,
especially in the first few weeks.**