Learn more

Smokefree.gov
Phone: 1-800-QUITNOW (1-800-784-8669)
Website: www.smokefree.gov

American Lung Association
Phone: 1-800-LUNG-USA
1-800-548-8252 (to speak with a lung professional)
Website: www.lungusa.org

Centers for Disease Control and Prevention (CDC) Tobacco Information and Prevention Source (TIPS)
Phone: 1-800-CDC-INFO (1-800-232-4636)
Website: www.cdc.gov

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You should consult an appropriate health care professional for you specific needs.
Find treatment.
Many people use a variety of treatments to quit. One or more of the following may help. Keep in mind, some may require a prescription from your doctor. No matter how you choose to quit, it’s important to keep your doctor informed.

Prescription medicines
Medicines such as varenicline (Chantix™) and wellbutrin (Zyban™) may help you quit. They work by blocking the pleasurable effects of smoking in the brain. This can reduce your urge to keep smoking. For best results, these medicines should be paired with counseling or behavior change support. They may also work better with nicotine replacement therapy.

Nicotine replacement therapies (NRT)
There are several types of NRT. Talk with your doctor or pharmacist about what’s best for you.

<table>
<thead>
<tr>
<th>Patch</th>
<th>The patch is available by prescription or over-the-counter. It’s designed to give you enough nicotine to ease cravings. Each patch works for six to 24 hours. It works by providing a steady stream of nicotine through your skin. Patches are most often recommended for six to eight weeks.</th>
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<tbody>
<tr>
<td>Gum</td>
<td>Nicotine gum is a good option to try when you feel the urge to smoke. You can chew between 20-30 pieces per day for six to eight weeks. If you smoke 25 cigarettes or more per day, use the 4 mg gum. If you smoke less than 24 cigarettes per day, use the 2 mg gum.</td>
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<tr>
<td>Inhaler</td>
<td>This prescription product looks like a cigarette. It gives small doses of nicotine by “puffing” on the inhaler. This inhaler doesn’t contain all of the harmful chemicals of cigarette smoke. Treatment can last up to 12 weeks.</td>
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<tr>
<td>Nasal spray</td>
<td>Nasal spray allows you to give yourself nicotine through the nose. You may use the spray for up to three months and up to two sprays per hour.</td>
</tr>
<tr>
<td>Lozenge</td>
<td>This medicine is available over-the-counter. It’s recommended to use six to 12 lozenges per day.</td>
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The use of medicines or NRT can be very helpful. In fact, one study shows that medicines can increase your odds of quitting by up to 300 percent.
What’s yours?

Why butt out?
Everyone has a different reason for quitting. What’s yours?

For your health.
Most of us know that smoking is bad for our health. But did you know that smoking harms every organ in the body? It can cause lung disease, heart disease, stroke, and cancer of the lung, throat, kidney, bladder, stomach and more. It can even increase the chance of erectile dysfunction in men. In fact, smoking is the number one cause of preventable death in the U.S.

For your loved ones.
There are more than 7,000* chemicals in cigarette smoke. At least 69 of them are known to cause cancer. Secondhand smoke contains the same harmful chemicals. That means that every time you light up, you’re putting those around you at risk.

According to the U.S. Surgeon General, secondhand smoke increases lung cancer risk by 20 to 30 percent. It can also cause breathing problems, reduced lung function, headaches and more. In children, the effects of secondhand smoke are even more serious. When you expose children to secondhand smoke, they have an increased risk for SIDS (sudden infant death syndrome), infection, colds, bronchitis and severe asthma symptoms.

*Source: U.S. Department of Health and Human Services

For your pocketbook.
According to the American Lung Association the average pack of cigarettes costs $5.51. For people who smoke a pack a day or more, that equates to over $2,000 in extra spending per year.

Calculate how much you could save each month.

| cost for 1 pack of cigarettes | $________ |
| number of packs smoked per week | _________ |
| number of weeks in the month    | _________ |
| Total:                          |            |

More reasons to quit.
If better health and a bigger bank account don’t motivate you to quit, here are a few more reasons:

• Your energy level will go up.
• Physical activity will be easier.
• Your clothes, hair, house and car won’t smell like smoke.
• You won’t have to brave the rain or snow to get your fix.
• Food will smell and taste better.
• Your pets will be healthier.
Whether you started last week or last century, quitting isn't easy. And it may take more than one try. But stopping smoking is well worth the effort. Millions of people have quit for good, and you can too. Protect yourself, your health and your loved ones — commit to quitting today.

Learn why.
Understanding why you smoke can make it easier to quit. Addiction to nicotine may be one reason, but there may be others such as:

• To relieve tension. If you're feeling stressed or anxious, do you grab a cigarette in hope of relief?
• To improve mood or concentration. Does smoking temporarily boost your mood or focus?
• To maintain your weight. Are you worried about gaining weight? (Note: Diet and exercise are much better ways to maintain a healthy weight.)
• To feel part of a group. Do you smoke because your family, friends or co-workers do?

Are you ready to quit?
Try one or more of these for the best chance at success:

• Set a date for quitting: once you pick it stick with it!
• Find hobbies and activities that will keep your mind off smoking.
• Get rid of items that may tempt you: lighters, ashtrays, cigarettes, matches, etc.
• Clean your house and car to remove the smell.
• What will make it hard to quit? Make a list of these things and come up with a plan to avoid them.
• Create a reward program to encourage success.
• Join a blog or community chat room where you can share stories and successes with other people who are quitting.
• Connect with friends or family who have quit.
• Talk with a local counselor, phone coach, or therapist who specializes in smoking — results show it can make it easier to quit.
• Ask friends or family who smoke to join you in quitting!