

QUIT TOBACCO FOR GOOD

YOUR HEALTH COACH CAN HELP



You've made the decision to quit. Now comes the hard part. Quitting requires determination, behavior change and support. The benefits of quitting are immediate and long-term. You can reverse some of the damage tobacco causes to your body. You can reduce your risk for tobacco-related illnesses and add years to your life. Plus, you can save money — by avoiding tobacco itself and on the cost of tobacco-related illnesses.

QUIT AT YOUR OWN PACE

Your health coach can guide you through the hurdles of quitting with convenient programs that give you the information, strategies and support you need to quit at your own pace.

Programs include:

- Unlimited toll-free telephone access to a coach trained to help people quit tobacco
- Personalized attention to meet your individual needs
- Ongoing support from your coach to keep you on track, so you can kick the habit once and for all

COPE WITH WITHDRAWAL

The discomforts of nicotine withdrawal are temporary but difficult. Every day that you remain tobacco-free is a victory. Reward yourself in some small way for another smoke-free day.

FEND OFF CRAVINGS

When cravings hit, call your coach for support. Talk through your craving, identify your tobacco triggers, get tips for making behavioral changes and get the encouragement you need to stick with your decision to quit.

CURB WEIGHT GAIN

If you are tempted to replace tobacco with food, take your mind off eating by doing something else you enjoy. Call your coach for tips.

MANAGE STRESS

Part of quitting tobacco is finding ways to handle stress. Practice relaxation techniques, like yoga, deep breathing or meditation.



KICK THE HABIT FOR THE LAST TIME

Kick the habit for the last time. Talk to your doctor. Or contact a Blues On CallSM health coach at 1-888-BLUE-428 (1-888-258-3428) for tips to quit.

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