

Make Health Happen

Health Tips



Thinking about kicking the tobacco habit?
CONGRATULATIONS!

Quitting smoking or chewing tobacco is one of the best things you can do for your health.

Tips to help you quit



- **Set a quit date.** Write it on your calendar or put it on the calendar in your phone. Then stick to it.

- **Tell your family and friends** what you're doing.

- **Ask a friend to quit, too.**

- **Plan ahead** to stay away from smokers and places where people smoke.

- **Start small** — if you need to, take it step by step. First, try to stop smoking in your house. Then, try to stop smoking:

- In the car.
- First thing in the morning.
- After a meal.



Tobacco use — breaking the habit



When you're ready, here are ways to help you succeed:

- Anthem members, call Member Services to find out about any health plan benefits that may help you quit.
- Talk to your primary medical provider (PMP) about ways to quit that might work for you, including prescription medications.
- Sign up for a "stop smoking" class or program.
- Call 1-800-QUIT-NOW (1-800-784-8669).

Did you know? Smoking e-cigarettes and vapes aren't healthy alternatives.

- They don't help you quit.
- Many still have nicotine, so they are just as addictive as smoking.
- They may have other chemicals that are bad for your health.

Helpful phone numbers for Anthem members only
Member Services, Monday through Friday from 8 a.m.
to 8 p.m. Eastern time, and 24/7 NurseLine:
Call the number on your member ID card.

www.anthem.com/inmedicaid

AIN-MEM-1924-19

Anthem 

Serving Hoosier Healthwise, Healthy Indiana Plan
and Hoosier Care Connect

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It helps to remind yourself often why you're quitting.

Which of these reasons are on your list?

- I can save money.
- I want to feel better.
- I want to breathe easier.
- I don't want to cough as much.
- I want my senses of taste and smell to get better.
- I want a healthier heart and lungs.
- I want whiter teeth.
- I want to be healthier overall.

If you spend \$5 on one pack per day, then you could save up to **\$1,825 each year** by quitting. *Why not treat yourself with the money you save?*



How could family, friends and co-workers support you? It would be helpful if they:

- Don't smoke around me.
- Go for a walk with me instead of smoking when I want a cigarette.
- Spend time with me in places where people aren't smoking.



What else might help you? Write your ideas below.

- _____
- _____
- _____
- _____

REMEMBER: It may take several tries to quit for good. That's okay. Just keep trying. You're not alone. There are a lot of people who know what you're going through and resources to help you.

American Lung Association

1-800-548-8252

www.lung.org

Source:

smokefree.gov