



fittogether

Reasons You'll Love to Quit

Providence offers free* resources to help you and the ones you love kick the smoking habit for good.

QUITTING MAKES A BIG IMPACT RIGHT AWAY



12 hours after quitting, the carbon monoxide in your blood drops to normal



After 1 year, your coronary heart disease risk is half that of a smoker's



After 10 years, your risk of dying from lung cancer is about half that of a smoker's

Powerful resources to help you quit for good

| Resource | How it works | How to access it |
|--|--|--|
| Alere Quit for Life | A telephone-based program for ongoing support with a Quit Counselor | Participants receive access to quitting aids, such as patches. Call 866-Quit-4-Life |
| Nicotine Replacement Therapy (NRT), including over-the-counter medications, such as <ul style="list-style-type: none"> • Patches • Gum • Lozenges | NRT includes some nicotine that helps keep withdrawals and cravings manageable and chemical levels in the brain stable | Ask your provider for a prescription, even if you're using an over the counter medication. A prescription enables Providence to process your claim. Fill your prescription at an in-network pharmacy |
| Deterrent prescription medications, such as <ul style="list-style-type: none"> • Chantix • Bupropion • Nicotrol | A deterrent medication can help limit cravings | Ask your provider for a prescription. Fill your prescription at an in-network pharmacy |
| Counseling | A participating provider assists with unlimited counseling sessions | Talk with your primary care provider. Ask for a recommendation for a counselor that specializes in tobacco cessation counseling |
| Tobacco Cessation classes | Classes to help you quit. Classes may not be available in all areas. | Call the Providence Resource Line to find classes close to where you live or work 800-562-8964 or visit ProvidenceHealthPlan.com/QUIT |

YOU'RE NEVER TOO OLD—OR TOO YOUNG—TO CUT TOBACCO OUT OF YOUR LIFE. START NOW.

TALK WITH YOUR PROVIDER ABOUT WHICH APPROACH WILL WORK BEST FOR YOU.

To find an in-network pharmacy, visit ProvidenceHealthPlan.com/findaprovider. For more information, visit ProvidenceHealthPlan.com/QUIT or call Providence Health Plan customer service: **800-878-4445** (TTY 711).

