

Why do you want to stop using tobacco?

Here are some reasons why people want to quit using tobacco. What are your reasons?

- I want to feel better and enjoy a healthier lifestyle.
- I want to set a good example for my children.
- I want to save money.
- I want my clothes and hair to smell better.
- I want to decrease my risk of getting cancer, heart disease and lung disease.
- I want whiter teeth and fresher breath.
- _____
- _____
- _____

“The counselors were very informative and supportive with their attitudes, urged me to stick with the program, sent me information in the mail and told me to call anytime for help. Thanks for all the support!”

Blues member Christine Marano of Canton, MI is tobacco-free after participating with Quit the Nic.

BlueHealthConnection®

Call Quit the Nic today!
800-775-BLUE (2583)

bcbsm.com/quitsmoking



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Are **you** ready to **quit**?



“Your health is your greatest wealth.”

Cigarette smoke contains more than 4,800 chemicals, 69 of which are known to cause cancer. Smoking is directly responsible for approximately 80 percent to 90 percent of deaths caused by emphysema and chronic bronchitis.

There's hope.

If you want to stop using tobacco, call **Quit the Nic at 800-775-BLUE (2583)**. **Quit the Nic is a telephone-based program you can use to support your effort to quit.**

- During your first call, a nurse health coach will discuss your readiness to quit using tobacco.

Are smoking cessation aids covered?

- Members with a pharmacy benefit should call the customer service number on the back of their ID card for coverage information.

How it works:



- In subsequent calls, the nurse health coach will guide you through a series of topics to help you through the quitting process. Each phone session is designed to help you overcome the urge to use tobacco.
- Together, you'll map out an action plan to gradually stop using tobacco and set a quit date when you're ready.

Did you know that 20 minutes after you stop smoking, your body begins to heal?

After 20 minutes, your heart rate has a favorable response.

After eight hours, the carbon monoxide level in your blood drops to normal.

After two weeks to three months, circulation and lung function improve.

After one to nine months, coughing and shortness of breath decrease.

After one year, your risk of having coronary artery disease is half that of a smoker's.

After five to 15 years, your stroke risk is reduced to that of a nonsmoker.

After 10 years, your risk of lung cancer is about half that of a continuing smoker. Your risks of mouth, throat, esophagus, bladder, cervix and pancreas cancer also decrease.

After 15 years, your risk of coronary heart disease is similar to that of someone who has never smoked.