

TOBACCO CESSATION

Quick Reference Guide

Your path to a tobacco-free future

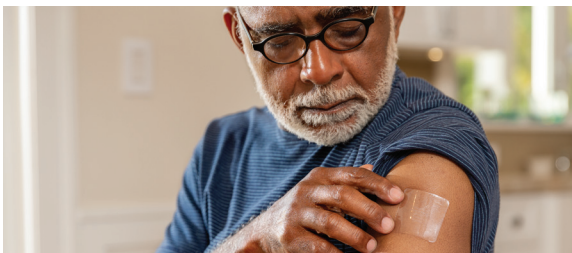
If you're reading this, you or someone you know is ready to quit smoking, vaping or other nicotine products. We know how hard it can be, so we're here to help by providing the right tools and resources to keep you motivated along the way.

The first step is joining the **Tobacco Cessation Incentive Program**. You'll get daily tips and support from the Online Health Coach and free tobacco cessation drugs, and you may be eligible to earn wellness incentives.

You can also attend free in-network smoking and tobacco cessation classes to support your cessation journey.

Here's how to join:

1. Set a Quit Tobacco goal and then create a Quit Plan with the Online Health Coach¹
2. Get a prescription from your doctor for your eligible tobacco cessation drugs, insurance will help cover the cost of an OTC drug with a prescription*



Tobacco cessation drugs include:

Prescription medications* like Nicotrol and bupropion and OTC products like Nicorette Gum, NicoDerm CQ Patch and Commit Lozenges.

¹FEP Blue Focus members do not need to complete the BHA or Quit Tobacco goal to participate in this program.

*Requires a physician's prescription and must be filled at an in-network retail pharmacy.



5 tips to stay confident as you quit

1

Find other things to do

From exercising to spending time with friends, it helps to stay busy. Engage in activities that get your mind off smoking.

2

Avoid common smoking triggers

While these may vary for everyone, you'll want to stay away from people and situations that remind you of smoking.

3

Drink plenty of water

This not only rinses your mouth and flushes out the toxins but also keeps your mouth occupied.

4

Make it public

Telling at least one other person helps to hold you accountable. Other people can also provide much-needed support.


5

Celebrate your success one day at a time

Don't try to think too far ahead. Instead, reward yourself for each day that you're smoke-free.

U.S. smoker stats

**1,300**
deaths daily

**1 IN 5**
DEATHS
are related
to smoking

**41,000**
nonsmokers per year

Now the good news

Smoking is down

**10%**
since 1997

Nearly
1.3 MM
SMOKERS
quit every year

You could save

**\$15,000**
per year*

*Based on smoking one pack a day.

Once you quit smoking, you can look forward to these health benefits:



Carbon monoxide
in blood stream
drops to normal



Circulation and lung function
improve; heart attack risk
begins to drop

20 MINUTES

12 HOURS

3 DAYS

2-12 WEEKS

Heart rate
and blood
pressure drop



Nicotine has left
your body



Risk of coronary heart disease drops
to that of a nonsmoker

2-5 YEARS

15 YEARS

Risk of mouth, throat, esophagus and
bladder cancer cuts in half; risk of stroke
reduces to that of a nonsmoker



If you're ready to quit smoking, we're here to help. Learn more about the Tobacco Cessation Incentive Program and our Quit with Blue resources at fepblue.org/tobacco.

@fepblue



fepblue.org

Sources: The U.S. Department of Health and Human Services. CDC. [Smokefree.gov](https://www.smokefree.gov).

You must be the contract holder or spouse, 18 or older, on a Standard or Basic Option Plan to earn incentive rewards.

This information is not meant to substitute the advice of your doctor or any other health care professional. You should speak to your doctor before starting a new diet or exercise routine.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochure: RI 71-017. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochure.

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