

Are you ready to stop tobacco use? Health Advantage can help!

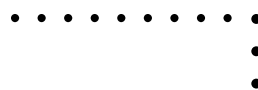
Why rid your body of tobacco?

Did you know that **20 minutes** after you quit tobacco use, your body begins to heal?

- **After 20 minutes:** your blood pressure and pulse become normal
- **After 48 hours:** nerve endings start to re-grow and smell and taste improve
- **After 1-9 months:** you will have fewer colds, flu, and bronchitis
- **After 1 year:** your risk of dying from heart disease is half that of a smoker

People who stop using tobacco:

- Feel in charge of their life
- Smell good and have a better sense of taste and smell
- Feel more relaxed
- Have more money
- Look healthier
- Have more energy



Health Advantage covers medications to help you quit. You will need a prescription from your doctor for oral medication, patches, or nasal spray:

Benefit	Tier*	Quantity Limits** (QL)
Nicotine Patches	Tier 1	30/month
Zyban (generic)	Tier 1	60/month
Chantix	Tier 2	60/month
Nicotrol Nasal Spray	Tier 3	2/month

*Tier 1 = lowest copay; Tier 2 = medium copay; Tier 3 = highest copay

**In addition to monthly limits, smoking cessation medications have a 90-day limit per calendar year (Jan-Dec)

Here are some tips to help you **stop** smoking:

- **First, check with your doctor to see the best way for you to stop smoking**
- **Make small changes**
 - Limit places where you smoke
 - Smoke in only one room in your house
 - Practice not smoking in the car
- **Pay attention to your smoking and list key triggers**
 - Where, when, and with whom do you smoke?
- **Seek help**
 - The more help you get, the better your chance of success
- **Be motivated**
 - The key to stopping is commitment
 - List your reasons for stopping
- **Set a stop date**
 - Make it a day with low stress
 - Tell your friends and family you are quitting