

HEALTH TIPS

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TOBACCO USE - BREAKING THE HABIT

While quitting smoking may be a challenge, you can do it!

If you have decided to try to stop smoking or chewing tobacco, congratulations! It's one of the best things you can do for your health.

How do I quit using tobacco?

If you have tried to stop before, it's great that you are trying again. It often takes a few tries. **Here are some good ways to get started:**

- Think about talking to your doctor about medications or other things that might help you quit
- Sign up for a "stop smoking" class or program

Tips and strategies that have helped others quit

Put a check by the ideas you think will help.

- Tell your family and friends what you are doing and ask them to help
- Challenge a friend to quit, too
- Set a date to stop and stick to it
- Stay away from smokers and places where there is smoking
- Think about ways to reward yourself
- Buy something with the money you save
- Be patient with yourself - setbacks happen



Remind yourself often why you are quitting

There are lots of great reasons to stick with your plan and quit smoking or chewing tobacco. Here are just a few:

- You will feel better and breathe easier
- You won't cough as much
- You will save money
- Foods will taste and smell better
- You will have more energy
- Your lungs and heart will not have to work as hard
- You will be healthier
- Others will not be harmed by your smoke



You may have other reasons of your own. Write them down here:

1. _____
2. _____
3. _____

Helpful Phone Numbers for Dell Children's Health Plan Members Only
Member Services or 24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)

You are on your way to a tobacco-free life. Remember, there are lots of people and resources to help you, including:

American Lung Association
1-800-548-8252
www.lungusa.org



U.S. Department of Health
and Human Services
1-800-QUIT-NOW
www.1800quitnow.org

