

# HEALTH TIPS

dellchildrenshealthplan.com/members



## TOBACCO USE - REASONS TO QUIT

Thinking about trying to quit smoking? That's a great idea - for a lot of reasons.

### Don't let your health go up in smoke

Smoking or chewing tobacco can affect your health in many ways. **Check any problems you have had that may be related to smoking:**

- Coughing and breathing problems, like asthma and bronchitis
- Mouth cancer, throat cancer or lung cancer
- Heart problems
- High blood pressure
- Bad breath
- Problems with taste or smell
- Yellow teeth and fingernails
- Wrinkles around the mouth



### How else has smoking affected you?

You may want to add some to the list:

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Quitting smoking is one of the best things you can do for your health. And remember, there are lots of people and resources to help you, including:

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

### Do you know how much you spend on cigarettes?

Smoking is expensive. This chart will give you an idea of how much it costs you each year:

If you smoke this much every day ...	It will cost you this much every year
1/2 of a pack	\$821
1 pack	\$1,642
2 packs	\$3,285

Based on a price of \$4.50 per pack

### What other things would you rather spend that money on?

Write them down here:

1. \_\_\_\_\_
2. \_\_\_\_\_

### Why should I quit?

Check the reasons you may have for trying to quit:

- I want to breathe easier and cough less
- I want to have more energy
- I want to save money
- I want a healthier heart and lungs
- I want to taste and smell foods better
- I don't want to expose others to secondhand smoke

Add your own reasons:

1. \_\_\_\_\_
2. \_\_\_\_\_

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