

You CAN Stop Smoking



Smoking is Bad for Your Health

Cigarettes, e-cigarettes and other tobacco products (like vaping) harm your body and can cause health problems.

Did you know?

- Smoking causes serious health problems, such as high blood pressure, asthma, diabetes complications, and heart and lung diseases.
- Smoking damages your lungs and makes it hard to breathe.¹
- Secondhand smoke harms everyone around you, especially children. It can cause asthma, respiratory infections and other long-term health problems.²
- Smoking affects your sense of taste and smell.³

The Best Day to Quit is Today

Do you want to quit smoking? Start on the path to quitting today.

- ✓ **Ask yourself, “Why do I want to quit?”** How will your health and well-being improve if you quit? What will happen to you and your family if you keep smoking?
- ✓ **Pick a quit date.** You can decide when you want to quit. Give yourself time to quit but choose a date that’s just a week or two away.
- ✓ **Create a quit plan.** Write down why you want to quit and the triggers that cause you to smoke (feeling stressed, drinking alcohol, seeing others smoke, etc.). Get rid of things in your home, car and work that remind of you smoking.⁴
- ✓ **Talk to your doctor.** Ask about smoking cessation products, including nicotine replacement therapies.

You CAN Quit!

Quitting smoking can be a challenge but you can do it. Help is available. HPP’s quit-smoking counselors can help and encourage you on your path to being smoke-free. Other resources can help you quit, too.

Get Help Over the Phone

- HPP’s Smoking Cessation Counselors: 1-866-500-4571 (TTY/PA RELAY 711)
- Pennsylvania Department of Health Free Quitline: 1-800-QUIT-NOW (1-800-784-8669) and 1-855-DEJELLO-YA (1-855-335-3569)
- American Lung Association HelpLine: 1-800-LUNG-USA (1-800-586-4872)

Or Online

- [Cancer.org/healthy/stay-away-from-tobacco.html](https://www.cancer.org/healthy/stay-away-from-tobacco.html)
- [BeTobaccoFree.gov](https://www.BeTobaccoFree.gov)
- [SmokeFreePhilly.org](https://www.SmokeFreePhilly.org)



Sources:

1. American Cancer Society medical and editorial content team, "Health Risks of Smoking Tobacco," American Cancer Society, last modified November 15, 2018, <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/health-risks-of-smoking-tobacco.html>.
2. American Lung Association staff, "Health Effects of Secondhand Smoke," American Lung Association, last modified February 8, 2019, <https://www.lung.org/stop-smoking/smoking-facts/health-effects-of-secondhand-smoke.html>.
3. "Health Risks of Smoking Tobacco," American Cancer Society.
4. Centers for Disease Control and Prevention, "Build Your Quit Plan," last modified April 1, 2019, https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/quit-plan.html?s_cid=OSH_tips_D9400.

Member Relations is available to help you 24 hours a day, seven days a week at 1-888-477-9800 (TTY/PA RELAY 711).

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ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-888-477-9800 (TTY/PA RELAY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY/PA RELAY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/PA RELAY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-477-9800 (TTY/PA RELAY: 711)。