MASSACHUSETTS

TIPS TO QUIT SMOKING



Get on track to better health

Smoking tobacco is the leading cause of preventable death.[1] When you stop using tobacco, you'll notice immediate changes to your health, such as the disappearance of a chronic cough or better lung function. Within a few years, you'll have reduced risk of stroke and cancer, and other health benefits will continue over time. Clearly, quitting tobacco is one of the best health decisions you can make. Quitting is difficult, but if you're ready to do it, the following resources can help you.

CALL A FREE QUIT LINE

Tools and Resources

Benefit from expert counseling, along with practical information so you can learn about the different tools and resources available for support that can help you stay smoke-free.

- American Lung Association: **1-800-548-8252**
- National Cancer Institute: **1-877-448-7848**
- State Quit Lines[2]: **1-800-QUIT-NOW (1-800-784-8669)**

Get Free Text or App Support

Sign up for 24/7 text support at SmokefreeTXT.[3] Learn about free apps that track your cravings and progress at **smokefree.gov.**

NICOTINE REPLACEMENT THERAPY

Nicotine Replacement Therapy (NRT)

Nicotine replacement therapy (NRT) is a safe, effective way to cope with nicotine withdrawal.[4] NRT products such as gum, patches, inhalers, nasal spray, and lozenges provide a lower level of nicotine than cigarettes. They help reduce withdrawal symptoms as you get used to not smoking.

Since NRT products work differently, consult with your doctor or health care provider if you're considering quitting smoking and would like to use NRT to help. Some products are only available by prescription, but you can buy others over-the-counter. NRT products can usually be used alone, or in combination with other stop-smoking therapies.

Tip: Have NRT available on your quit day if you plan to use it. To get the most benefits, follow the package instructions carefully.

Questions?

Talk to your health care provider. This information doesn't replace the advice of your provider. **Need a provider**? Find one by downloading the **MyBlue** app or creating an account at **bluecrossma.org**.

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SMOKING CESSATION

Over the Counter

- Nicotine patches placed on the skin provide a steady amount of nicotine. Read the package carefully, because several types and strengths are available.
- Nicotine gum also releases a small, steady amount of nicotine. Chew it until your mouth feels tingly, and then hold it between your cheek and gums for up to 20 minutes. Don't eat or drink anything while using them, since that reduces nicotine absorption.
- Nicotine lozenges, which look like hard candy, dissolve slowly while releasing nicotine. Like the gum, they're less effective if you eat or drink while using them.

Prescription

- A nicotine inhaler has a mouthpiece containing a cartridge that delivers a controlled amount of nicotine. Unlike smoking a cigarette, the nicotine is absorbed in your mouth rather than your lungs.
- Nicotine nasal spray comes in a pump bottle that sprays nicotine into your nose. For some people, the spray causes sneezing, but many find the device helpful.
- Bupropion (Zyban®″) and varenicline (Chantix®″) are medications that reduce your urge to smoke, and help with withdrawal symptoms. Please note that Chantix has been known to cause mood or behavioral changes.

FOR MORE INFORMATION ON SMOKING CESSATION, VISIT THE FOLLOWING RESOURCES:

Centers for Disease Control and Prevention
cdc.gov/tobacco/quit_smoking/how_to_quit/quit_tips

SmokefreeUS—National Cancer Institute
smokefree.gov/tools-tips

CREATE A QUIT PLAN[5]

Having a plan will keep you on track, and taking the below steps can help:

- Pick a quit date.
- Let family and friends know you're quitting.
- Write down your reasons to quit.
- Identify your smoking triggers.
- Learn about coping strategies to help manage withdrawal symptoms.
- Set up a support network.
- Set up rewards for meeting your goals.

1. cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/
2. cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm#methods
3. smokefree.gov/tools-tips/smokefreetxt
4. smokefree.gov/tools-tips/using-nicotine-replacement-therapy
5. cdc.gov/tobacco/campaign/tips/quit-smoking/guide/quit-plan.html

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ATTENTION: If you don't speak English, language assistance services, free of charge, are available to you. Call Member Service at the number on your ID card (TTY: **711**).
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia con el idioma. Llame al número de Servicio al Cliente que figura en su tarjeta de identificación (TTY: **711**).
ATENÇÃO: Se fala português, são-lhe disponibilizados gratuitamente serviços de assistência de idiomas. Telefone para os Serviços aos Membros, através do número no seu cartão ID (TTY: **711**).

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