Get READY: Kick Off to Quit Smoking

If you have tried quitting before, you know how hard it can be. That's because the nicotine in tobacco is an addictive drug. Medical guidelines suggest treatment that includes both medication and behavioral counseling. QuitSmart will make the path to quitting smoking easier. Also, under our current smoking cessation benefit, you may be qualified for a stop-smoking medication up to $300 in one calendar year.

Most smokers who quit have tried more than once. So don't feel discouraged if you've tried before. In fact, past attempts make your chance of success better this time. After a previous attempt, you know what works and what doesn't.

Prepare for Success

Even if you've never tried to quit before, there are ways you can raise your chances of success. First you have to get **READY**:

Reasons to quit:

- Think about what's good about not smoking
    - Better health
    - Save money and time

Encouragement from others:

- Get support from others. Talk to:
    - Your family
    - Friends
    - Coworkers
    - Doctor
    - Phone quit line
    - Support coach (email Healthyatwork…)

Research shows that getting help boosts your odds of success!

Anticipate the next steps: Be prepared!

- Figure out what will give you the urge to smoke and what you'll do to overcome it
    - Call a friend
    - Go for a walk
    - Use a stop-smoking medication
    - Carry hard candy to suck on

- What will you do if you "slip up" and have a cigarette?
- If someone else at home smokes and does not quit with you, can you make a smoke-free zone in the house?

Doctor support is important. Be sure to talk to you doctor about what may help you quit

- Research shows stop-smoking medicines can double or triple your chances of quitting
- Only 3% to 5% of smokers are able to quit on their own, without treatment
- A smoker is more likely to quit by knowing his or her "lung age." You can ask your doctor to do a lung-function test. It will compare how well your lungs work with those of an average healthy person.
- Find out how a stop-smoking medication can help you

You set the time: You have to decie that quitting is what you want and commit to it. Then, set a date to quit.

Make a quit plan

Write a quit plan that has the above information. If you've tried quitting before, include what helped and what didn't.

Once you are READY, set a date when you will quit – in 2 weeks or less. And then do it! On your quit day, do not smoke even 1 puff. If you cannot stop smoking on your quit date, pick another day and try again.