fittogether

Reasons You'll Love to Quit

Providence offers free* resources to help you and the ones you love kick the smoking habit for good.

QUITTING MAKES A BIG IMPACT RIGHT AWAY

12 hours after quitting, the carbon monoxide in your blood drops to normal

After 1 year, your coronary heart disease risk is half that of a smoker's

After 10 years, your risk of dying from lung cancer is about half that of a smoker's

* Resources are covered in full when accessed from in-network providers.

Powerful resources to help you quit for good

Resource	How it works	How to access it
Alere Quit for Life	A telephone-based program for ongoing support with a Quit Counselor	Participants receive access to quitting aids, such as patches. Call **866-Quit-4-Life**
Nicotine Replacement Therapy (NRT), including over-the-counter medications, such as • Patches • Gum • Lozenges	NRT includes some nicotine that helps keep withdrawals and cravings manageable and chemical levels in the brain stable	Ask your provider for a prescription, even if you're using an over the counter medication. A prescription enables Providence to process your claim. Fill your prescription at an in-network pharmacy
Deterrent prescription medications, such as • Chantix • Bupropion • Nicotrol	A deterrent medication can help limit cravings	Ask your provider for a prescription. Fill your prescription at an in-network pharmacy
Counseling	A participating provider assists with unlimited counseling sessions	Talk with your primary care provider. Ask for a recommendation for a counselor that specializes in tobacco cessation counseling
Tobacco Cessation classes	Classes to help you quit. Classes may not be available in all areas.	Call the Providence Resource Line to find classes close to where you live or work **800-562-8964**

YOU'RE NEVER TOO OLD—OR TOO YOUNG—TO CUT TOBACCO OUT OF YOUR LIFE. START NOW.

TALK WITH YOUR PROVIDER ABOUT WHICH APPROACH WILL WORK BEST FOR YOU.

To find an in-network pharmacy, visit **ProvidenceHealthPlan.com/findaprovider**.
For more information, call Providence Health Plan customer service: **800-878-4445** (TTY 711).