

Say goodbye to smoking

It's not too late to break the habit

Choosing to quit has its benefits

Within minutes of smoking your last cigarette, your body begins to recover. Quitting smoking has many benefits on your health and well-being. It:

- + Reduces your cancer risk and strengthens your heart and lungs
- + Improves your reproductive health and quality of life and increases your life expectancy
- + Relieves your stress and anxiety and decreases your cognitive decline
- + Improves your mood, depression and concentration
- + Saves you money. Use [Smokefree.gov's calculator](https://www.smokefree.gov/calculator) to determine how much you'll save by quitting.

Talk with your provider

Talk with your provider about what programs and resources are right for you. Medication and counseling combined are more successful than using either method alone.* Use nicotine replacement medicine (NRT) and talk with a quit coach to increase your chance of success. It's much harder to quit abruptly.

*[cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm)

Take action to stop smoking

Quitting takes practice, patience and support. If you use tobacco, you need to find your own reason to break the addiction. Try:

- + Setting a quit date and marking your calendar
- + Writing down your reasons for quitting
- + Creating a plan to manage with your triggers
- + Establishing a support system of family, friends, a counselor or a quit smoking support group
- + Finding new ways to manage cravings such as NRT, reaching out to a friend or exercising
- + Rewarding yourself as you reach milestones with a special meal, warm bath, a new book or hobby supplies.

Take action

- + Work with a [Providence Health Coach](#) or listen to our [Healthy Bites](#) podcast
- + Review [Providence Smoking Cessation Resources](#) and contact Customer Service for information about your smoking cessation benefits
- + Download an app, like [QuitGuide](#) or [quitSTART](#) to help you on your quit smoking journey