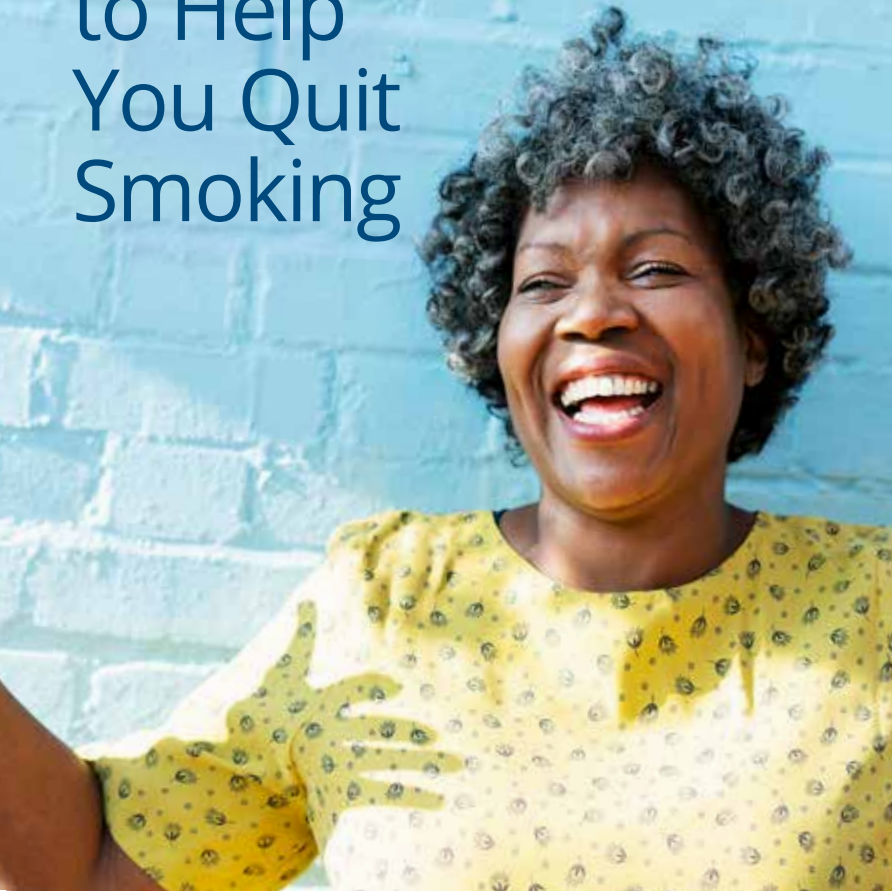


# Tools to Help You Quit Smoking



## Let Us Help You Quit

### Why Quit Smoking?

Quitting smoking is one of the most important things you can do for your health. The year after people quit smoking, their chance of getting heart disease is cut in half.

Smoking is the most avoidable cause of death in the United States and is very harmful to the body. Smoking can lead to many heart and lung problems as well as other health problems. Secondhand smoke can cause health problems for others too, including kids and pets.

### Benefits of Quitting

No matter how long or how much you have smoked, your health improves as soon as you quit.

#### Here are some ways you feel better:

- You breathe better
- You can smell and taste better
- You feel less tired
- Your lungs become stronger, so you can be more active
- You cough less
- Your teeth look better
- Your hair and clothes smell better
- You save money
- You are healthier

Sources: National Cancer Institute, American Cancer Society

### Tobacco Cessation Services are a Benefit Through Your Health Plan

The benefit covers:

- Counseling
- Medications, both prescription and over-the-counter

#### Prescription Drugs Covered

- Chantix (Varenicline 0.5 mg & 1 mg tablets)
- Nicotrol Inhaler
- Nicotrol NS
- Bupropion SR (150 mg tablets)

There are no out-of-pocket costs. Talk to your doctor about taking the next steps.

#### Over-the-Counter Drugs Covered

- Nicotine Transdermal patch (7 mg, 14 mg & 21 mg)
- Nicotine gum (2 mg & 4 mg)
- Nicorette lozenges (2 mg & 4 mg)

#### For More Information

To learn more about tobacco cessation coverage under your BCBSIL health plan, call the Customer Service number located on the back of your member ID card or log in to Blue Access for Members<sup>SM</sup>.

To ask for supportive aids and services, or materials in other formats and languages for free, please call, 1-877-860-2837 TTY/TDD: 711.

Blue Cross and Blue Shield of Illinois complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-860-2837 (TTY/TDD: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-860-2837 (TTY/TDD: 711).