



Get ready to quit smoking

By making a plan and putting it into action

If you're ready to quit smoking, you're more likely to succeed if you take these four steps:

1

Think about *why* you want to quit



Before you do anything else, you should be deciding why you want to stop smoking. Here are some questions to ask yourself if you're not sure:

- What impact is smoking having on my health?
- If I continue smoking, how will it affect me and my loved ones?
- How will my quality of life improve if I quit?
- By smoking, what am I missing out on?
- What do I not like about smoking?

2

Learn about nicotine replacement therapy and how it can help you handle withdrawal




When you stop smoking, you may go through withdrawal and crave a cigarette for the first few weeks or so. You may have trouble sleeping, difficulty thinking clearly, and you might feel:

- Frustrated, cranky or irritable
- Somewhat depressed
- Nervous, anxious or restless

The good news is nicotine replacement therapy (NRT) can help reduce the signs of withdrawal. Your chances of quitting smoking are two times better when you use NRT. You can try different types of NRT, including a nicotine patch, lozenge, gum, inhaler or nasal spray. Many products are available over the counter, so you don't need a prescription to get them.

Research has shown that this type of therapy is safe and works for most adults who want to quit smoking. If you're pregnant, a teen or have a serious health issue such as heart problems or lung disease, you should check with your doctor before using NRT.


3 Check out your options for quitting

 You can choose different ways to quit smoking. In addition to working with your Health Coach on LiveHealth Online and using nicotine replacement therapy, you can:

- Talk to someone by calling a quit line such as **1-800-QUIT-NOW (1-800-784-8669)** or **1-877-44U-QUIT (1-877-448-7848)**.
- Download and use the free **QuitGuide app** to help track your cravings and mood, get inspiring messages and tips, check your progress in quitting and more.
- Get encouraging text messages through the **SmokefreeTXT program**.

You can learn about more **quit methods** on smokefree.gov.

4 Spread the word about your plan to quit

 Let your friends and family know you're quitting smoking so they can support you. Ask them to:

- See how you're doing with quitting.
- Suggest smoke-free activities you can do together.
- Not give you a cigarette.
- Be patient with you.

Quitting smoking takes effort and determination, but with a solid plan in place, you can do it!



To create an online version of a quit plan, visit **Create My Quit Plan** on smokefree.gov.



Sources:
Smokefree.gov website, *Prepare to Quit* (accessed June 2018): smokefree.gov/quit-smoking/getting-started/prepare-to-quit.
Smokefree.gov website, *Using Nicotine Replacement Therapy* (accessed June 2018): smokefree.gov/tools-tips/how-to-quit/using-nicotine-replacement-therapy.

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