

# ARE YOU READY TO QUIT?

# WE'RE READY TO HELP YOU.



## TAKE CONTROL

Through Lafayette Benetian VlindB medical plan, you have access to a **FREE 90-day supply of prescribed tobacco cessation drugs** two times in 365 calendar days. Nicotine patches, gum, and lozenges must be prescribed for use within the 12-week treatment time frame.

## QUIT NOW INDIANA

Quit Now Indiana provides free services and a built-in community of people like you who want to quit tobacco for life. With professional help and support, you can quit at your own pace.

Call **1.800.Quit.Now** to get started.

## PREPARING TO QUIT

Just thinking about quitting smoking may make you anxious, but your chances of success will be better if you get ready first. Quitting works best when you're prepared.

## SHARE YOUR PLANS

Quitting is easier with the support of others, such as family, friends and co-workers. Tell them how they can help you. For example:

- Let them know that your mood may change. Remind them it won't last long. Explain to them that the longer you go without cigarettes, the sooner you'll be your old self.
- If someone close to you smokes, ask them to quit with you, or at least not smoke around you.
- Seek support from others. Try talking with others one-on-one or in a group setting. The more support you get, the better.

## ANTICIPATE AND PLAN FOR CHALLENGES

Expecting challenges is an important part of preparing to quit. The first few months will be difficult, as you may be more tempted to light up when you are stressed or upset. It can be challenging to prepare for these moments before they occur, but it can help if you are familiar with what triggers your urge to smoke and plan how you will resist these urges.

Remember that you will experience withdrawal symptoms as a result of giving up nicotine. This is normal and will pass with time.

## WITHDRAWAL MEDICATIONS

Nicotine replacement therapy (NRT) may help your withdrawal symptoms. Nicotine gum, patches, inhalers, sprays and lozenges are all types of NRT that replace the nicotine you are no longer getting from cigarettes—but make sure you talk to your doctor and pharmacist before trying any of them.