

Why should I stop smoking?

Using tobacco affects more than your health. The smoke or fumes it produces can affect the health of everyone around you. Second-hand smoke harms both children and adults. It increases their risk for the same diseases as people who smoke, such as lung cancer, heart disease, chronic obstructive pulmonary disease, emphysema and chronic bronchitis. Children exposed to second-hand smoke are more likely to have asthma, as well as get frequent colds and ear infections. Infants may be at greater risk for sudden infant death syndrome (SIDS).

There are many reasons to stop using tobacco: for good health, to feel better and save money. Perhaps you want to quit to be a role model for children or grandchildren. Whatever your motive, use it to stay inspired because we all know how hard it is to quit. The process is long and can have set-backs. It may take several tries before you are successful. You do not have to do this alone. Start by talking with your doctor to get you on the right path.

Care coordination and integration

GHP Family offers the following case and health management programs to members:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes
- Heart disease
- Heart failure
- Hypertension (high blood pressure)
- Osteoporosis
- Tobacco cessation (quitting)
- Weight management

For more information, call 800-883-6355 or 855-227-1302 Monday through Friday from 8:00 a.m. to 4:30 p.m. TTY/TDD users should call 711.

GHPFamily.com



Overcoming addiction

Smoking is a psychological addiction. You may crave tobacco more when you find yourself in a situation where you typically smoked, such as when you are out with friends or after meals. These activities are triggers. Knowing your triggers and having a plan to manage them will help you be more successful. We can help. We can work together to find your triggers and make a plan to manage them.

Smoking is also a physical addiction to nicotine. Once you quit it will take a little time for your body to adjust. Your body will crave nicotine. You may feel irritable, hungry, even depressed. You may have trouble sleeping or thinking clearly. This will last a few days to a couple of weeks. Sometimes these symptoms are severe enough to cause you to start smoking again. If this happens, do not give up. Every day is a new day to try again.

The dangers of smokeless tobacco

Some believe smokeless tobacco is safer than cigarettes and cigars. This is not the case. Smokeless tobacco contains many of the same chemicals as cigarettes, which can lead to lung, throat and mouth cancer. Smokeless tobacco actually contains more nicotine than cigarettes. It also causes other health problems like gum disease, tooth decay and tooth loss. Women who use smokeless tobacco during pregnancy increase their risk for premature births and still births. It can also affect a baby's brain development. Making the decision to quit using all tobacco products is the best choice for your health.

Sources:

- www.cdc.gov
- www.smokefree.gov
- www.nidcr.nih.gov

If you need this information in another language, call 1 (855) 227-1302 (TTY: 711), Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday from 8 a.m. to 8 p.m.

Nếu quý vị cần thông tin này bằng ngôn ngữ khác, hãy gọi 1. (855) 227-1302 (TTY: 711) Thứ Hai, Thứ Ba, Thứ Năm và Thứ Sáu từ 8 giờ sáng đến 5 giờ chiều hoặc Thứ Tư từ 8 giờ sáng đến 8 giờ tối.

Si necesita esta información en otro idioma, llame al 1. (855) 227-1302 (TTY: 711) lunes, martes, jueves y viernes de 8:00 am a 5:00 pm o miércoles de 8:00 am a 8:00 pm.

Если вы хотите получить данную информацию на другом языке, позвоните по номеру 1. (855) 227-1302 (Телетайп: 711) в понедельник, вторник, четверг и пятницу с 8 а.м. до 5 р.м. или в среду с 8 а.м. до 8 р.м.

如果您需要此資訊的其它語言版本，請撥打電話：1. (855) 227-1302 (聽障專線：711) 週一，週二，週四和週五上午 8：00 至下午 5：00 或者週三上午 8：00 至晚上 8：00

ប្រសិនបើអ្នកត្រូវការព័ត៌មាននេះជាភាសាដទៃទៀត សូមហៅ 1.855-227-1302 (TTY: 711) ថ្ងៃច័ន្ទ ថ្ងៃអង្គារ ថ្ងៃព្រហស្បតិ៍ និងថ្ងៃសុក្រពីម៉ោង 8 ព្រឹក ដល់ម៉ោង 5 ល្ងាច ឬថ្ងៃពុធម៉ោង 8 ព្រឹក ដល់ម៉ោង 8 យប់។

Stay busy

Being busy will help you keep your mind off smoking and distract you from cravings. Try some of these activities:

- Exercise
- Get out of the house and go for a walk
- Chew gum or hard candy
- Keep your hands busy with a pen or toothpick
- Drink lots of water
- Relax with deep breathing
- Go to a movie
- Spend time with non-smoking friends and family
- Go to dinner at your favorite smoke-free restaurant

The positive affects of quitting

After you stop using tobacco, you may find you are feeling better. You may notice that you breathe easier. Food may taste better. You start to notice smells again. As time passes, you may notice you don't get colds as often or they don't last as long. Your skin tone may improve. People who stop smoking have been reported to live longer than those who use tobacco. Your risk for lung cancer, heart disease and stroke is much lower. Your risk



of having a premature or low-birth-weight baby is lower. The really good news is you are lowering the danger of second hand smoke for your family and friends.

We're here to help

For more information on how we can help you quit, call our wellness team at 570-214-9018.

What is our mission?

Our mission is to help members be as healthy as possible. As a member, you can get expert help to better manage your condition – all at no extra charge. Participation is voluntary and in no way affects the status of your healthcare coverage.

GHP Family believes our care coordination program can be beneficial in improving or maintaining your health.

How can I learn more?

To take advantage of this program, call 800-883-6355 or 855-227-1302, speak with your healthcare provider or visit us on the web at GHPFamily.com

The program will:

- Help you better understand your condition
- Update you on new information
- Provide assistance from a nurse who is trained to help members with their specialized healthcare needs