

# BE HEALTHY

*Tips from HPSM's Health Education Unit*



## YOU CAN QUIT SMOKING, vaping or chewing tobacco!

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## REASONS TO QUIT

**Quitting now can help you and your loved ones stay healthy. Whether you smoke, vape or use other tobacco products, quitting has many health benefits, like:**

- Adding years to your life
- Breaking the addiction to nicotine
- Better overall health
- Breathing better
- Lowering your risk of serious health issues, like heart disease and cancer
- Lowering your risk of severe illness from COVID-19
- Protecting family members from health risks linked to secondhand smoke (which is smoke that comes directly from burning tobacco or is exhaled by smokers)
- Setting a healthy model for your children to follow
- Saving you money

Smoking, vaping or smokeless tobacco use during pregnancy can cause birth defects and health problems for you and your baby. If you are pregnant, there are resources that can help you quit. Talk to your health care provider to discuss quitting options.

To learn more, visit [www.cdc.gov/tobacco/basic\\_information/health\\_effects/pregnancy/index.htm](https://www.cdc.gov/tobacco/basic_information/health_effects/pregnancy/index.htm)

**What's the reason you might want to quit now?**



Exposure to secondhand smoke for even a short time can cause health problems in children and adults. You can protect yourself, your loved ones, and your community from secondhand smoke by quitting now.

## **NOW THAT YOU'RE READY TO QUIT**

**Many people who use tobacco products become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit.**

Often, people who quit smoking, vaping or other smokeless tobacco products may:

- Have withdrawal symptoms such as irritability, anxiety and anger
- Miss the social and routine aspects of smoking
- Feel emotional stress

**The longer you have used tobacco products, and the more you use, the harder quitting can be. When you are planning to quit, it's good to be prepared.**

**Answer these questions to get started:**

- How do you feel about quitting smoking?
- What are the reasons you use tobacco products?
- What are the reasons you don't want to quit?
- What could change in your life if you stopped using tobacco?
- If you tried to quit before, what made you start using tobacco products again?

# BUILD YOUR OWN QUIT PLAN

Quitting may not be easy. You need a quit plan! A quit plan will set you up for success by helping you recognize and avoid your triggers and resist cravings.

Get started with these six steps:

1

## Set your quit date

Choose a day when you won't be under too much stress.

2

**Figure out your savings** Find out how much money you can save by quitting.

3

**Choose your reasons to quit** This will give you strength to stick with quitting.

4

## Know your triggers

Recognizing what makes you want to use tobacco will help you come up with ways to control cravings.

5

**Choose how you will deal with cravings** Knowing what to do when you feel like using tobacco will help you avoid the urge to use.

6

**Choose methods and tools to help you quit** Having support in place and using tools gives you the power to choose — instead of letting a habit control you.



There are many ways to quit tobacco and a lot of ways to get support. You don't have to do this alone.

**Smokefree.gov's interactive program makes building your personalized quit plan fast and easy.**

**Smokefree.gov** is the National Cancer Institute's campaign to help people quit tobacco. To build your own plan, simply:



Scan this barcode or visit  
[www.smokefree.gov/  
build-your-quit-plan](http://www.smokefree.gov/build-your-quit-plan)



Click on the choices  
that meet your needs

**Let's Go!**

Click the "Let's Go!"  
button to get your quit plan



No matter how much or how long you've used tobacco products, you can still benefit from quitting.

## RESOURCES TO HELP YOU QUIT

**There are many resources to help you quit. Your primary care provider (PCP) is one of them. Your PCP wants you to be as healthy as you can be, and that includes quitting tobacco products. Schedule an appointment with your PCP today.**

### **Tips to help you get ready for your visit**

#### **Before your visit:**

- Review and answer the questions on page two.
- Prepare your quit plan.
- Write down questions about tobacco use and quitting.

#### **During your visit:**

- Ask your PCP the questions you wrote down.
- Review your quit plan.
- Openly share how long you have used tobacco.
- Talk about previous quitting attempts — what has or has not worked for you.
- Share concerns you have about quitting, such as what may be preventing you from quitting.

#### **After your visit:**

- Set reminders for appointment follow-ups if needed.
- Follow up on what you discussed with your PCP during the visit. This may include getting medications and/or connecting with a coaching counselor who can help you quit.
- Follow through on the quit plan you created with your PCP.



Ask a family member or friend to support your goal of quitting. Remember, the best plan is the one you can stick with.

## Coaching and medication can help you quit

**The power to quit is in your hands. Getting professional support makes that power even stronger! Coaching and medications can help. Think about adding these resources to your quit plan.**

### Coaching

There are many quit lines you can call to get phone coaching at no cost to you. (Learn more on the next page.) Quit coaches are trained to help you quit using tobacco products. They will listen to your concerns and answer your questions about quitting. They can also offer support, tips and ideas for other resources that may help you quit.

### Medication

The Food and Drug Administration (FDA) has approved seven medications to help people quit tobacco. Medication treatment options include:

- Nicotine replacement such skin patches, lozenges, nicotine gum, nicotine nasal spray and nicotine inhalers.
- Medications that reduce cravings, such as Bupropion, SR (Zyban) or Varenicline (Chantix).

Make sure you get a prescription from your PCP for all tobacco cessation medication, including over-the-counter (OTC) medications, so your health plan can cover the cost of your prescription. HPSM Medi-Cal members can get tobacco cessation medications through their pharmacy benefit with Medi-Cal Rx. HSPM plans may have coverage limitations on tobacco cessation medications based on your health plan coverage. Talk with your PCP to see what medications may be right for you.



A combination of tobacco cessation medications and behavioral support increases your chances of quitting for good!

## OTHER RESOURCES

**Kick It California** A program that is proven to help people quit with phone coaching and text reminders. To learn more, call them (see box below) or visit [www.kickitca.org](http://www.kickitca.org).

**National Quitline** A national organization that provides information on quitting smoking at no cost. Call **1-800-QUIT-NOW** or **1-800-784-8669** to learn more.

**HPSM's Health Education Unit** Call **650-616-2165** to learn more about local resources that can help you quit.

**There are also apps and tools that can help you quit** For more information, visit [www.smokefree.gov/tools-tips/apps](http://www.smokefree.gov/tools-tips/apps) or <https://kickitca.org/quit-vaping-app>.

**HPSM's online Health Tips** Visit [www.hpsm.org/break-the-habit](http://www.hpsm.org/break-the-habit) for more resources to help you quit.

### Call Kick It California today!

- English: **1-800-300-8086** or  
Text "Quit Smoking" or "Quit Vaping" to 66819
- Español: **1-800-600-8191** o  
Envie "Dejar de Fumar" o "No Vapear" to 66819
- 中文 (Chinese): **1-800-838-8917**
- 한국인 (Korean): **1-800-556-5564**
- Tiếng Việt (Vietnamese): **1-800-778-8440**



*You are the most important member of your health care team.*