

## Do you have questions?

Call our 24-hour Nurse  
Advice Line.  
We are here to help you..



**(800) 606-9880**  
**TTY: 711**

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# Stop Smoking or Vaping

## Staying Healthy While You Are Pregnant



## How can you stay smoke-free after your baby is born?

- Keep your list of reasons why you wanted to stop smoking with you at all times.
- Find ways to reward yourself for not smoking.
- Stay away from nicotine products.
- Avoid smoking “triggers,” such as boredom, alcohol, or stress. Learn to deal with “triggers” without smoking.
- Think of yourself as a non-smoker or non-nicotine user.
- Stay away from secondhand smoke. It contains poisons that are a health risk for you and your baby when you inhale it and from particles it leaves behind on your clothes and skin.
- If you do slip and smoke another cigarette, review your list of reasons to stop smoking. This list can help you get back on track.

## How can you stop smoking?

- Decide that you WANT to stop smoking, vaping, or using dip/chew.
- Write down WHY you want to quit and keep it with you at all times. Put up reminders to keep you motivated at home.
- Pick a stop date and stick to it.
- On your stop smoking date, throw out all of your cigarettes, vape devices and cartridges and anything else that is related to smoking.
- Ask your friends and family for support.
- Clean your house and car to remove the smoke smell.

Give your baby a healthy start!

**If you smoke, it is time to quit.**

