

# Yes, You Can Quit Smoking!

Are you thinking about taking that first step to quitting smoking, vaping or using other tobacco products?



If you are - congratulations! Thinking about quitting IS the first step!

## THE BENEFITS OF QUITTING

- You'll look better, healthier, and have a new sense of control over your life.
- You'll get fewer colds.
- Your taste buds and sense of smell come back.
- You'll set a better example of healthy living for your children.
- You'll have more energy.
- Your speaking voice may improve because you are not irritating your throat.
- You'll increase the change that children will not smoke.
- Your night vision improves so you can drive more safely.
- You'll have more spending money.



### Are you ready to quit smoking?

If you're ready to quit smoking, we can help you! As a Passport member, you can receive smoking-cessation medicines. All you need is a prescription from your doctor. If you'd like to use smoking-cessation medicines, please talk with your doctor about which one is right for you. Your doctor can also give you counseling and support as you work towards quitting. When your doctor gives you a prescription, he or she will give you a type of medicine called Nicotine Replacement Therapy (NRT). See back for types of NRTs and how to use them!

Passport is always here to help you quit smoking!

If you want to quit smoking or if you're worried about a friend or family member's use:

**Please call 1-800-QUIT NOW (1-800-784-8669) or 1-800-578-0603. TDD/TTY users may call 711.**

- You may call from 8 am to 1 am Eastern Time, Monday through Sunday.
- You can speak with a health coach from 9 am to 5 pm.

**Online resources are also available:**

- Visit [www.quitnowkentucky.org](http://www.quitnowkentucky.org) for more information.
- You can also find great resources tailored just for you at [smokefree.gov](http://smokefree.gov)

NRTs replace the nicotine in cigarettes that causes tobacco to be addictive. They can help with cravings and increase your chances of success. Here are some of the NRTs you can use:

<b>Types of NRTs</b>	<b>How to use them:</b>
<b>Nicotine Transdermal Patches</b>	You place the nicotine patch on your skin. It gives you a small and steady amount of nicotine.
<b>Nicotine Lozenges</b>	A nicotine lozenge looks like a piece of hard candy. You place it in your mouth and let it dissolve. As the lozenge dissolves, it releases nicotine into your body.
<b>Nicotine Gum</b>	You chew nicotine gum. As you chew the gum, it releases nicotine. You chew the gum until you have a tingling feeling, and then you place it between your cheek and gums.
<b>Chantix®</b>	Chantix®(Varenicline) is a pill you take by mouth. It helps reduce nicotine withdrawal and the urge to smoke. It also blocks the effects of nicotine from cigarettes. If you start smoking again while taking Chantix®, your sense of satisfaction will be lower, which helps your chances of quitting.