

Tobacco cessation tips



Tips to quit

Studies have shown that these five steps will help you quit and quit for good. Chances of quitting increase if you use them together.

Get ready

Get rid of tobacco products, list your reasons for quitting, and set a date.

Get support

You can get support from family, friends, coworkers, your healthcare provider, or a counselor.

Prepare for triggers

Distract yourself, change your routine, practice deep breathing, drink a lot of water, and find healthy ways to stay busy.

Get and Use medication

Quit-smoking medications can double your chances of quitting for good. Ask your healthcare provider for advice.

Prepare for relapse

Most people try several times before they finally quit. Triggers for relapse might be other smokers, alcohol, weight gain, stress, or depression. Slipping doesn't mean you can't quit for good. These tips can help you to keep a slip from turning into a relapse.

Know your triggers

Triggers are the things that make you want to smoke. Most are emotional, social, or based on habit. Knowing your triggers and understanding the best way to deal with them is your first line of defense.

Beat cravings

Cravings are uncomfortable, but they don't last forever. Try the 4 D's when a craving is coming: delay until the craving passes, distract yourself to shift your attention, drink water, and take deep breaths.

Manage withdrawals

Nicotine withdrawal is different for everyone. Over time, the symptoms and cravings will fade as long as you stay tobacco free. Try healthy habits like going for a walk, listening to music, or spending time with loved ones. The more you repeat new habits, the more these habits become your new normal.



For more information, visit
sentarahealthplans.com/quitsmoking

Tobacco cessation resources



National quitline network

1. 1-800-QUIT-NOW (1-800-784-8669).
2. Visit sentarahealthplans.com/mylifemyplan to access the Stay Smokeless for Life program.

Additional resources for Sentara Health Plans members only

- To access WebMD Health Services tools, sign in to your Sentara Health Plans member portal or via the mobile app, and select Get Healthy from the menu.
- To work directly with a case manager, call the member services phone number on your Sentara Health Plans member ID card.

Staying Healthy programs

Eating for Life

Develop healthy eating and exercise habits

Stay Smokeless for Life

Quit tobacco to improve your health

Guided Meditation

Experience a retreat from everyday stressors

Healthy Habits Healthy You

Develop habits to prevent diabetes and heart disease

Tai Chi

Learn to mentally and physically relax

MoveAbout

Learn about staying physically active every day

Yoga

Stretching and strengthening exercises

Sleep Better

Learn about the importance of sleep

Stress Less

Learn to prevent and manage stress in your daily life

Source: Tips For Quitting, Centers for Disease Control and Prevention, 2025, cdc.gov/tobacco/campaign/tips/quit-smoking/tips-for-quitting/index.html

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