

# 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/mylifemyplan](https://sentarahealthplans.com/mylifemyplan)



You can also scan this code with your smartphone camera or QR code reader app.



# Tobacco Cessation Resources

## National Quitline Network

1. 1-800-QUIT-NOW (1-800-784-8669).
2. Visit [optimahealth.com/mylifemyplan](https://optimahealth.com/mylifemyplan) to access the Get Off Your Butt: Stay Smokeless for Life program.

## Additional Resources for Optima Health Members Only

1. To access WebMD Health Services tools, sign in to your Optima Health member portal or via the mobile app, and select Get Healthy from the menu.
2. To work directly with a Case Manager, call the member services phone number on your Optima Health 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

For more information, visit:

[sentarahealthplans.com/quitsmoking](https://sentarahealthplans.com/quitsmoking)



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