

**KICK THE HABIT**



# It's Time to Quit Smoking

## **HERE'S HOW INDEPENDENT HEALTH CAN HELP**

Quitting smoking is one of the best things you can do for your health, but it is also one of the most difficult habits to break. The first place to start is to call the New York State Smokers' Quitline at 1-866-NY-QUITS (1-866-697-8487). Non-New York State residents should contact Independent Health at 1-800-501-3439 for information.

## **CALL THE NEW YORK STATE SMOKERS' QUITLINE**

The New York State (NYS) Smokers' Quitline is a free and confidential program that provides stop smoking services to New York residents who want to stop smoking or using other forms of tobacco.

Some of the services the Quitline offers include:

- Individualized telephone counseling in English or Spanish.
- Free nicotine replacement therapy (NRT) starter kit (if eligible per NYS Smokers' Quitline).
- Referrals to local stop smoking programs (classes).
- Web-based services with interactive features ([www.nysmokefree.com](http://www.nysmokefree.com)).
- Self-help quit kit – "Break Loose" – a comprehensive pamphlet that allows you to quit smoking at your own pace.

## **TO CONTINUE THERAPY**

To continue therapy beyond the NRT starter kit from the NYS Smokers' Quitline, Independent Health provides an enhanced stop smoking program that you can participate in by phone with an Independent Health support representative.

## **HOW DOES THE PROGRAM WORK?**

- After an assessment with a Quitline Specialist, eligible members are sent a free starter supply of NRT.
- Approximately two weeks later, the phone coach will call. If the member and the coach determine that the NRT is working, and the member enrolls in the telephonic support program, an additional six weeks of NRT will be mailed. Additional coaching calls and NRT are available to eligible members on request.
- This program is free for eligible members.

## SMOKING CESSATION PROGRAMS

For those members who prefer group support, a smoking cessation program is for you. These community based programs provide the tools and support you need to help you become and stay smoke-free. No referral is necessary. Contact the NYS Smokers' Quitline for information and availability.

## SMOKING CESSATION DRUG THERAPY *(Pharmacy coverage is required)*

- Chantix™
- Nicotrol/Nasal Spray
- Zyban®
- Nicotrol Inhaler

## Questions or Concerns?

As you may already know, there can be common, yet brief withdrawal symptoms after you quit smoking. Whatever method you choose to help you quit, there are numerous ways to lessen and eliminate these unpleasant symptoms by adjusting your lifestyle. You can greatly decrease the symptoms of withdrawal, maintain a healthy weight, improve sleep, and increase your daily energy by incorporating exercise, good nutrition, and stress management into your lifestyle.

If you have questions about Independent Health's smoking cessation program, please call Member Services at (716) 631-8701 or 1-800-501-3439 or visit [independenthealth.com](http://independenthealth.com).

