



Ready to take
a breather?
You can with
these smoking
cessation tips.

Did you know that 10 years after quitting smoking your risk of death from lung cancer is half that of a continuing smoker?

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Try these strategies to break the habit:

- Target a stop date and record your reasons for stopping
- Solicit support and encouragement from friends, family, your physician, stop-smoking resources and programs
- If withdrawal causes irritability, try using relaxation techniques, exercising regularly and avoiding stressful situations
- Get medication, if necessary, and use it correctly
- Fight possible insomnia by avoiding caffeine or other stimulants, and by having a relaxing bedtime routine
- Prepare for relapse, and keep trying by focusing on your goals and reasons for quitting
- Quit completely. Smoking "low-tar or low-nicotine" cigarettes usually does little good. If you switch to lower-nicotine brands you'll likely just puff harder, longer, and more often on each cigarette

Stopping smoking can improve your health, now and in the future. Half of all adult smokers have quit, so you can too. That's the good news. There are millions of people alive today who have learned to face life without a cigarette. Breathe some new life into your health by quitting – while you're ahead.

Blue Cross and Blue Shield members may have access to a smoking cessation program at no additional cost to members. To find out if you're eligible, call the customer service number on the back of your ID card.

www.bcbstx.com



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