

# Quit Tobacco. Start Living Better.



Help is available to support you on your health journey.



## Why quit?

Tobacco smoke can contain more than 7,000 chemicals. Hundreds of those chemicals are harmful, and more than 50 are cancer-causing agents. Smoking increases your risk for serious health problems that can lead to death. All tobacco is harmful, no matter whether you smoke it, chew it, or inhale it secondhand. Quitting tobacco is always beneficial, but the sooner you stop, the sooner you improve your health and reduce the risk of early death and disease.



## Help is available at no cost to you.

The Centers for Disease Control and Prevention (CDC), in partnership with the National Cancer Institute (NCI), created the National Network of Tobacco Cessation Quitlines to help tobacco users take the first step toward improving their overall health.

**Free quitline coaching:**  
**1-800-QUIT-NOW**

**Free text support:**  
**Text QUITNOW to 333888**



## Don't wait. Get help quitting today!

Talk with your doctor or healthcare provider to learn about ways to quit. They can give you resources and support to help you succeed in your health journey. Your provider can help you:

- Get advice and encouragement to quit tobacco
- Choose medicines that may reduce your tobacco cravings
- Learn tips and strategies to handle stress and triggers

You may be asked questions on a health plan survey about whether your provider talked with you about quitting tobacco. Sharing your experience helps improve care for all members.



## Questions?

Learn more about tobacco and how to quit at [cdc.gov](https://www.cdc.gov) and [cancer.gov](https://www.cancer.gov).