



I want to quit.  
But it's hard to  
do it on my own.  
  
I'm ready now.

# Quit smoking today

You have so much to gain if you live smoke-free.  
But it can be hard to get there.

## Why is it so hard?

Nicotine is a powerful and addictive drug. Smoking is not only a physical addiction, but also becomes part of your daily routine.

When cigarettes are linked with certain events in your day, such as drinking coffee, finishing a meal or visiting friends, it can be hard to change those habits.

## My time to quit

Medications can help you quit, but can't do all the work. The most successful quit attempts use both medication and counseling. Join a cessation class and meet others who are facing the same struggles and emotions while trying to quit, or try a phone-based program for one-on-one support.

**Providence can help with significant discounts for our members.**

## Pharmacist-Assisted Smoking Cessation Program

Learn the approach to quit that's right for you and work with a pharmacist who will assess your need for medication and provide it if appropriate.

## Free and Clear®

This 12-month telephone-based smoking cessation program offers support through scheduled phone calls, educational materials and free nicotine replacement therapy.

**Providence Resource Line:**  
503-574-6595

**Tobacco Quit Line at:**  
1-800-QUIT-NOW (1-800-784-8669)

[www.providence.org/php/stopsmoking](http://www.providence.org/php/stopsmoking)



## Tips to quit smoking:

- Believe in yourself.
- Know the benefits of quitting.
- Don't do it alone. Talk to your doctor first and enlist the support of family and friends.