

We challenge you

Nov. 19 is the Great American Smoke Out.

It's a perfect day to quit and we've got the resources to help you on your journey. From tips to classes, we've got you covered. Are you up to the challenge?

We understand that quitting smoking can be tough, but with so many positive outcomes we hope you can take the steps to live a smoke-free life. Not only can you reduce your chances of lung cancer, but also of heart disease, emphysema and chronic obstructive pulmonary disease. It may not be easy, but you can do it. We are here to help!

10 tips to help you quit smoking:

1. **Plan your quit day** and stick to it.
2. **Keep your goal in mind.** Remind yourself why you want to quit and know your motivation.
3. **Gain the support of others.** Let your family and friends know you are planning to quit.
4. **Remove all objects that remind you of smoking.** Throw out the ashtrays, lighters and cigarette boxes.
5. **Replace your smoking habit with another activity.** If you have the urge to smoke, chew gum, pick up a book, take an exercise class or drink a glass of water.
6. **Don't do it alone.** Meet with others who are also quitting. You can join an online forum or find a face-to-face support group.
7. **Plan ahead.** If you know you will be in a situation where those around you will be smoking, be prepared for how you will handle it.
8. **Delay yourself.** If you feel the urge to have a cigarette, take a couple of minutes to think about how far you have come already and why you want to quit.
9. **Be positive.** You can do it and you will succeed.
10. **Reward yourself.** When you reach milestones reward yourself by going out to a nice dinner with your friends or plan a vacation with the money you saved.

There are lots of reasons to quit

Quitting will improve your overall health. You will feel better and breathe easier. You won't smell like smoke any longer and you won't be turning your teeth and finger tips yellow.

Providence Health Plan resources to help you with your efforts to quit:

- Smoking cessation classes – online and face-to-face meetings are available to you at discounted rates. Visit www.providence.org/php/classes (in the Portland-area) or www.providence.org/php/classreimbursement (outside of Portland)
- Quit For Life - a telephonic program to support you, 800-292-2336
- Oregon Tobacco Quit Line – free help to quit smoking, 800-QUIT-NOW

Call the Providence Resource Line to learn about these programs and more at 800-562-8964.