



I want to quit.
I'm ready now.

Quit smoking today

The Great American Smokeout is Thursday, Nov. 19, 2009. Join millions of Americans and quit for good. Quitting is hard, but Providence can help you every step of the way.

Why should I quit?

For your health! Smoking cigarettes can lead to many different forms of cancer and lung diseases, as well as decrease your chances of surviving a heart attack. Smoking can also interfere with your quality of life by making it harder to breathe.

Kicking the habit will make your breath, clothes and hair smell better. Your sense of smell and taste will also improve. And, just think about all the money you can save!

It's never too late to quit

Even if you have smoked for years, quitting will help you live a longer and healthier life. Just 20 minutes after your last cigarette, your body begins a series of healing changes that continue over time.

I need help quitting

Providence Health Plan wants to help you quit. We provide many different resources so you can find the one that is best for you. Your choices include a pharmacist-assisted smoking cessation program, support groups and telephone-based programs.

Talk to your doctor

Visit your doctor to decide which quit approach is right for you. To quit successfully, you have to address and overcome both the physical and behavioral challenges of smoking.

To find more information about quitting and smoking cessation resources visit:

www.providence.org/php/stopsmoking.



Tips to help you quit smoking:

- Don't do it alone.
- Create your own plan and milestone dates.
- Believe in yourself.