



## Five Steps to Help You Quit

Quitting tobacco successfully may take some preparation. Here are some suggestions to help you get ready to quit.

- 1 Prepare:** Set a quit date, and mentally and emotionally prepare for it. Dispose of all cigarettes and ash trays in your home and place of work.
- 2 Get Support and Encouragement:** Tell your friends and family that you are quitting, and ask them not to smoke around you if they are also smokers.
- 3 Learn New Skills and Behaviors:** Make a change to your daily routine. Choose a stress-reducing activity such as exercise or reading. Drink more water. Brush your teeth frequently with fresh-tasting toothpaste.
- 4 Get Medicine and Use It Correctly:** Talk to your doctor about medications to help you quit.
- 5 Be Prepared for Difficult Situations or Setbacks:** Find other ways to deal with stress and pressure. Learn ways to lessen weight gain. Consider limiting alcohol intake, which can lower your chance of success.

Source: National Jewish Health

Everyone Has a  
Reason to Quit



QuitLine

Medical Mutual of Ohio®  
2060 East Ninth Street  
Cleveland, OH 44115  
Visit [MedMutual.com](http://MedMutual.com).

  
MEDICAL MUTUAL OF OHIO®  
YOUR HEALTHCARE PARTNER SINCE 1934

## Feel the Difference!

If you are thinking about quitting, are ready to quit or need help staying tobacco free, Medical Mutual of Ohio® is here to help.

Medical Mutual® has joined with National Jewish Health to help our members kick the habit. Together, we are offering the SuperWell® QuitLine, a free telephone service that will assist our members with quitting tobacco use.

Need a reason to quit tobacco? Consider:

- **Your Health:** Tobacco use is proven to cause cancer, heart disease, chronic bronchitis, asthma and emphysema in addition to other chronic diseases.
- **Your Family:** Live longer, healthier and be a positive role model for your family.
- **The Cost:** The average smoker spends \$500 to \$3,000 per year on cigarettes. Think of what else you could do with that money.

Call now and get the help you need to quit!



### When you enroll you will receive:

- Support and advice, with up to five proactive coaching sessions by trained health coaches as well as unlimited inbound calls to the QuitLine during regular hours.
- A personalized quit plan with educational, self-help materials.
- The latest information about medications that can help you quit.
- A four-week supply of nicotine replacement therapy (NRT) at no cost. If you continue with coaching, you will receive a second four-week supply, if needed.

### To receive a free supply of nicotine patches:

- You must be medically eligible to receive the nicotine patches.
- Tell the QuitLine coach that you are a Medical Mutual member.

### SuperWell QuitLine coaches will:

- Help you determine a plan of action along with setting a meaningful quit date.
- Provide guidance and support on or near your quit date and throughout the program.
- Provide a Quit Kit that includes educational brochures about tobacco use and successful quitting.
- Help you learn new ways to deal with cravings and remain tobacco free.



### Quit Now and Feel the Difference

Improvements in your health begin within minutes of quitting, even if you have used tobacco for years:

**20 minutes:** Blood pressure and pulse rate decrease.

**8 hours:** Carbon monoxide and oxygen levels in the blood return to normal.

**1 day:** The chance of a heart attack decreases.

**2 days:** You have a better sense of smell, and your sense of taste is enhanced.

**1 to 9 months:** Coughing, sinus congestion, fatigue and shortness of breathe decrease.

**2 weeks to 3 months:** Your circulation improves and lung function increase.

**1 year:** The likelihood of a heart attack is cut in half.

Source: OhioQuits.com

### Contact the SuperWell QuitLine

- Call the toll-free SuperWell QuitLine at 866/845-7702.
- Hours of operation:
  - Monday through Friday: 9 a.m. to 11 p.m.
  - Saturday and Sunday: 10 a.m. to 6:30 p.m.
  - 24-hour voice mail. If you leave a message, a QuitLine coach will return your call.
- All services are available in English and Spanish.
- Hearing-impaired members can call TTY: 888/229-2182.

These recommendations are for your information only. They do not take the place of, nor are intended to substitute for, professional medical advice from your doctor. The recommended services may not be covered. Eligibility and coverage depend upon the specific terms and conditions of your benefit plan.