

Reap the benefits of being smoke-free

If you smoke, quitting is one of the best things you can do for your health. Quitting smoking can:

- ✓ Reduce your chances of getting cancer
- ✓ Lower your cholesterol
- ✓ Decrease your risk for heart disease
- ✓ Add years to your life
- ✓ Brighten your smile
- ✓ Clear up your skin

Know the risks of e-cigarettes and vaping

There's been a rise in people turning to e-cigarettes and vaping. Some believe it's a safe way to transition from quitting cigarettes to not smoking at all. It's important to know there's nicotine in traditional cigarettes as well as e-cigarettes. And they are highly addictive.

There are still many things that aren't known about vaping, like what chemicals are used in the vapor and how they affect your health.

We've got your back

Maybe you or someone you know already tried to quit but didn't have much luck. That's okay. Everyone's quit journey is different. If you need help to kick the habit, here are three ways to find support:

1. Talk to your doctor. Your doctor can offer resources and medicines to help you quit. There are several types of medicines. Your doctor can help you choose what's right for you. Be sure to take them as directed.
2. Join a support group. You'll meet other people who want to stop smoking. It's a chance to share encouragement and tips. Your doctor or hospital can help you find a support group that meets in person or online.
3. Call a free quit line. You can talk to experts on quitting smoking. They can help you plan to quit. Call [1-866-QUIT-YES \(1-877-784-8937\)](tel:1-866-QUIT-YES) for resources on how to quit using tobacco or e-cigarettes.

Stay positive — you've got this!





We cover counseling services to help you quit smoking. Call Member Services at [1-866-329-4701 \(TTY: 711\)](tel:1-866-329-4701) for help finding a case manager.

Sometimes, you need a little extra help. You can get medication to help you quit smoking at no extra cost, including:

- Bupropion and bupropion SR
- Varenicline
- Nicotine gum, lozenges and patches, which you can get over the counter

Call your primary care physician (PCP) if you have any questions or need a prescription.

It doesn't matter how many times you've tried to quit. Don't get discouraged. There's no better time than now to try again. On top of covered counseling and medication, here are some additional resources to help you quit smoking:

- [American Cancer Society's guide to quitting smoking](#)
- [The Great American Smokeout® event](#)
- [Find help to quit smoking online from the Centers for Disease Control and Prevention \(CDC\)](#)



**HealthChoice
Illinois**
Illinois Department of
Healthcare and Family Services



**Aetna Better Health®
of Illinois**

Aetna complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

English: ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call [1-800-385-4104 \(TTY: 711\)](tel:1-800-385-4104).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al [1-800-385-4104 \(TTY: 711\)](tel:1-800-385-4104).

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer [1-800-385-4104 \(TTY: 711\)](tel:1-800-385-4104).

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna). Talk to your doctor first about whether this is right for you.

©2023 Aetna Inc.

2827512-01-01