

# Quitting is a team effort

Let the Smoking Cessation Lifestyle Improvement Program help you stop smoking for good

Quitting smoking can be one of the hardest things a person will try to do. It may even take a few attempts to be successful. But it's worth it: Quitting smoking will help improve your circulation, blood pressure, breathing and senses of smell and taste. Best of all, your risk of getting cancer decreases with each year you stay smoke-free.\*

While quitting smoking can be difficult, there's help available to make it easier for you. The Smoking Cessation Lifestyle Improvement Program is an online, self-paced, interactive program designed to inspire you to quit smoking and reinforce positive behaviors.

There are two parts to the program – readings and a planner:

- The readings take you through steps for quitting smoking that are broken up into 10 phases. Each step provides practical tips and information for planning to quit and achieving success. You'll also find journaling activities to help you identify personal obstacles, plan ways to overcome them and record your successes.
- The planner helps you track the number of cigarettes you smoke each day. Like the journaling activities, the planner is a great way to record your progress.

Together, the readings and planner take minimal time per day to complete. We recommend that you read one step of the readings and check your planner daily.

**Remember, you're not alone in your efforts to stop smoking. You *can* do it, and the Smoking Cessation Lifestyle Improvement Program will be there along the way to help!**

## Ready to take that first step to quit smoking?

To sign up for the Smoking Cessation Lifestyle Improvement Program:

1. Log in at [anthem.com/ca](http://anthem.com/ca).
2. Choose "Health & Wellness."
3. Under the "Wellness Tool Kit," select "Smoking Cessation Program" to get started.



The information contained in this flier is provided for educational purposes only, and should not be interpreted as medical advice. Please consult your doctor for medical advice about changes that may affect your health and before taking any medications or beginning any lifestyle program. Some services may not be covered under your health plan. Please refer to your Group Certificate and Schedule of Benefits for details concerning benefits, procedures and exclusions.

\*MedlinePlus, *Quitting Smoking* (2010): [nlm.nih.gov/medlineplus/quittingsmoking.html](http://nlm.nih.gov/medlineplus/quittingsmoking.html)