

If you are ready to quit tobacco, HELP IS HERE!

Tobacco-Cessation Resources

Quit for Life Program *American Cancer Society*

The Quit for Life Program, which is available at no charge to State Health Plan subscribers and their covered family members, is one of the most successful programs of its kind.

- A professionally trained Quit Coach works with participants to create personalized quit plans.
- The program provides **free** nicotine replacement therapy (e.g., patches, gum or lozenges) and prescription smoking-cessation drugs (e.g., bupropion or Chantix).

To inquire, call 1 (866) 784-8454 or visit www.quitnow.net/SCStateHealthPlan



Employee Assistance Program *Deer Oaks*

Deer Oaks EAP offers free wellness coaching on line or by telephone to all Clemson University faculty and staff and their dependents/household members.

Deer Oaks' certified wellness coaches are trained by the Mayo Clinic and are available to help identify and maintain strategies that support the goal of tobacco cessation.

To inquire, call toll free 1-866-327-2400 or visit www.deeroaks.com



- **Decrease your cancer risks**

Your risk of cancer of the lung, mouth, throat, esophagus, bladder, kidney and pancreas decreases.

- **Save money**

When you give up a one-pack-a-day habit (an average cost of \$6.18), you save approximately \$2,200 a year.

- **Increase your lung power**

In two to three months your lung function improves: less wheezing, coughing and shortness of breath.

- **Increase your hearts strength**

In as little as two weeks your heart attack risk may begin to drop and your lung function improves. In a year, your risk of coronary heart disease is half that of a smoker. In 15 years, your risk of heart disease is the same as that of a nonsmoker.

- **Get healthier looking skin**

Quitting can help clear up blemishes and protect your skin from premature aging and wrinkling.

- **Get a good night's sleep**

Smoking irritates the membranes in the nose and throat, which can block the airways and cause snoring.

- **Enjoy better tasting food**

Smoking dulls your sense of smell and taste. As you regain your senses after you quit smoking, eating becomes a more pleasurable experience; you can actually taste your food.

- **Get your freedom back**

No more sneaking outside to grab a quick smoke; no more dreading long flights; no more making excuses. You can breathe easier and enjoy your newfound freedom from smoking.

*benefits per Quit.com

**Breathe Easy...
It's never too late to stop smoking**