





## Why Quit Smoking?

Whether you smoke or chew, you probably know it's an unhealthy habit. It's been a well-known fact for decades that tobacco is dangerous to your health. And you can't help but notice the warnings and health risks printed on every package of cigarettes or chew.

But there's also a good chance you picked up the habit when you were much younger. And you probably thought you could quit whenever you wanted. Unfortunately, as most tobacco users know, it's not so simple. It's a hard habit to break once addiction sets in.

If you're thinking about quitting tobacco, ask yourself these questions to see how ready you are:

- **Do you have a strong reason to quit?**
- **Are you confident you can quit?**
- **Are you willing to make a plan to quit and stick to it?**

If you answered yes to these 3 questions, you are ready to get started. If you answered no, that's OK. You may want to focus on the areas you're unsure of before fully committing to quit. It can be a frustrating experience if you try to quit before you are ready. This program can help you focus on what you need to do before you try to quit.

Changing any habit is hard. And since nicotine is addictive, tobacco is even harder to give up. Sometimes it takes several tries before you learn what you need to do to quit for good. You need the right mix of tools, motivation, planning, and commitment.

So, let's take a closer look at the 3 questions we asked, and see if you're ready to quit.

**Do you have a strong reason to quit?** If you do not have a strong reason, take some time to think about it. Why is it important for you to quit? How will your life be different without tobacco? Why have you decided to quit now? Take some time to think this through. Perhaps you want to be an example to your children. Or you are hoping to improve your health. Your answers to these questions are the building blocks of your motivation.

**Are you confident you can quit?** If you do not feel confident, ask yourself why. Is it lack of experience? Lack of planning? Concern about cravings? Think of all the things that might be keeping you from quitting. Once you know what they are, you can plan for them. A good plan makes it more likely you will overcome urges to use tobacco. And each small victory can increase your confidence.

**Are you ready to commit to quitting?** If you are not willing to commit to a plan, you may be hoping that there is an easy way out. There are many useful tools to help you quit, but very few methods work without planning and effort. A good plan can make quitting easier and increase your confidence at the same time.

With the help of the Care Advantage program from MVP Health Care and the tools it provides, you will learn how to:

- Plan and set a quit date,
- Create strategies for success, and
- Remain tobacco-free.

**To learn more about quitting smoking, contact MVP's Care Advantage program at 1-866-942-7966.**