



Feel the Difference

How fast can quitting improve your health? In:*

- 20 minutes, blood pressure and pulse rate decrease.
- 12 hours, carbon monoxide and oxygen levels in the blood return to normal.
- 1 day, the chance of a heart attack decreases.
- 2 weeks to 3 months, your circulation improves and lung function increases.
- 1 to 9 months, coughing, sinus congestion, fatigue and shortness of breath decrease.
- 1 year, the likelihood of a heart attack is cut in half.

To take your first step toward quitting, contact the QuitLine. Call (866) 845-7702.

QuitLine



QuitLine



MEDICAL MUTUAL®

2060 East Ninth Street
Cleveland, Ohio 44115-1355

MedMutual.com

Take That First Step

Everyone Has a Reason to Quit



Are you looking for a reason to quit using tobacco? Consider your health, your family or the annual costs associated with tobacco use. If you're ready to be tobacco free, Medical Mutual® is here to help.

We partner with National Jewish Health, a leading U.S. respiratory hospital, to help our members kick the habit. Together, we offer the QuitLine, a free telephone service, to give our members the tools they need to quit tobacco use for good.

Call (866) 845-7702 now. We'll help you quit.



Quit Now and Receive Support

Enroll and you will receive:

- Support and advice, with proactive coaching sessions by trained health coaches.
- A personalized quit plan with educational, self-help materials.
- Information about medications that can help you quit.
- A supply of nicotine replacement therapy at no cost (you must be medically eligible and inform the QuitLine coach that you are a Medical Mutual member).
- Unlimited calls to the QuitLine:
 - 7 a.m. to 1 a.m. Eastern time, seven days a week
 - 24-hour voicemail, a QuitLine coach will reply
- Services available in English and Spanish; hearing-impaired members can call TTY (888) 229-2182.

QuitLine coaches will:

- Help you decide a plan of action and set a quit date.
- Provide guidance and support on or near your quit date and throughout the program.
- Provide a Quit Kit that includes brochures about tobacco use and successful quitting.
- Help you learn new ways to handle cravings and remain tobacco free.

Quit in Five Steps

Quitting tobacco takes preparation. Here are some helpful suggestions:²

- 1. Prepare:** Set a quit date, and mentally and emotionally prepare for it. Dispose of all cigarettes and ash trays.
- 2. Get support:** Tell your friends and family that you are quitting, and ask them not to smoke around you.
- 3. Learn new behaviors:** Change your daily routine. Choose a stress-reducing activity such as exercise. Drink more water. Brush your teeth frequently.
- 4. Get medicine and use it correctly:** Talk to your doctor about medications to help you quit.
- 5. Be prepared for setbacks:** Find new ways to deal with stress. Learn weight-loss methods. Limit alcohol intake to increase your chance of success.

These recommendations are informational only. They are not intended to require a specific course of treatment or take the place of professional medical advice, diagnosis or treatment. You should make decisions about care with your healthcare providers. Recommended treatment or services may not be covered. Eligibility and coverage depend on your specific benefit plan.

Sources: 1. Center for Disease Control and Prevention
2. National Jewish Health