



Commit to Quit



Quitting is hard. When you think you're ready to quit, visit these valuable sites to make quitting easier.

We all know the health risks of smoking, not only for ourselves, but for those around us including our families, friends, and pets. In addition to cancers, smoking is a risk factor for Type 2 diabetes, stroke, various heart diseases and more. When you quit smoking, food tastes better, your sense of smell returns, and you save money.

Any type of tobacco use, whether it is cigarettes, e-cigarettes, vaping, or chew tobacco is unhealthy. Quitting isn't easy, but help is available. The Local 4 Health and Welfare Plan has resources to help.

Smoking cessation drugs, including FDA-approved prescription and over-the-counter drugs for smoking cessation, are covered by the prescription drug program. These are available at no co-payment for a 180-day treatment regimen when prescribed by a health care provider. If you need additional medication and have a prescription from your doctor, you may purchase additional medication using the CVS/Caremark discount, but you will pay the full cost of the prescription.

State governments run no-cost programs to assist their residents in leading tobacco free lives.

MA & NH MA & NH Residents: 1-800-QUIT-NOW offers help with planning to quit.

ME ME Residents: the Tobacco HelpLine, 1-800-207-1230, is open daily to provide residents with a treatment plan.

For Massachusetts residents, 1 800-QUIT-NOW (1-800-784-8669) offers help with planning to quit; coaching by phone, text or email; specialized help for those who are under age 18, pregnant, American Indian, use menthol or have experience with substance abuse or mental health issues; and support for those who have quit and need assistance staying tobacco free. The link provides more information about the services available: <https://www.mass.gov/info-details/about-1-800-quit-now#what-does-1-800-quit-now-offer?>

For New Hampshire residents, QuitNow-NH 1-800-QUIT-NOW (1-800-784-8669) offers coaching support to quit smoking. You can also fill out an enrollment form online at <https://quitnownh.org/category/i-want-to-quit/>, as well as get more information on smoking cessation.

For Maine residents, the Maine Tobacco Helpline (1-800-207-1230) is open daily, including weekends.

A 20-minute intake call with a tobacco treatment specialist will provide you with a treatment plan. For more information visit <https://www.mainehealth.org/care-services/lung-care-pulmonology/maine-tobacco-helpline>

Blue Cross Blue Shield of Massachusetts' platform, ahealthyme, offers a 10-session health and wellness course "Quitting Tobacco and Nicotine (LivingFree)" at no charge.

To register for ahealthyme, sign into your [MyBlue](#) account and click on ahealthyme under "My Care."



MASSACHUSETTS

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So you've decided on a day to quit! Check out this link from [SMOKEFREE.GOV](https://smokefree.gov), with tips for managing your first day and the days after: <https://smokefree.gov/quit-smoking/getting-started/steps-to-manage-quit-day>

The Monday Campaigns has "Quit & Stay Quit Monday" with resources and tools for quitting smoking and support to stay smoke free: <https://www.mondaycampaigns.org/quit-stay-quit>

Prepared by the
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