

Get on the path to a healthier you



Quitting tobacco is the single most important thing you can do for you and your family's health.

Quit tips:

- Don't smoke any cigarettes.
- Write down why you want to quit.
Do you want to:
 - Be around for your loved ones?
 - Have better health?
 - Set a good example for your children?
 - Protect your family from breathing secondhand smoke?
- Know that it will take commitment and effort to quit smoking. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Nicotine is addictive. Knowing this will help you deal with withdrawal symptoms that can occur, such as bad moods and cigarette cravings.
- Get help if you want it.
- Concerned about weight gain? It's a common concern, but not everyone gains weight when they stop smoking. Learn ways to help you control your weight as you quit smoking.
- Remember this good news: More than half of all adult smokers have quit, and you can too. Millions of people have learned to face life without a cigarette. Quitting smoking is the single most important step you can take to protect the health of you and your family.

Benefits of quitting tobacco:

- Improving the health of you and your family
- Saving money
- Having more energy and stamina
- Stopping the worry of quitting
- Having a healthier heart and lungs
- Looking younger
- Getting fewer colds and coughs
- Getting to a normal blood pressure
- Feeling better about yourself
- Improving your sense of smell and taste

After you quit using tobacco, the best thing you can do is plan ahead for the tough times. You want to give yourself the best chance for success.



Quitting is a process. Whether this is your first or fifth time, give yourself permission to go back to your doctor, pharmacist or counselor when you're ready to quit.

Smoking triggers:

- Finishing a meal
- Drinking coffee
- Talking on the telephone
- Feeling bored
- Driving
- Experiencing stressful situations
- Enjoying time with friends
- Seeing or smelling tobacco smoke
- Waking up

Positive coping strategies:

- Keep busy and try new things
- Write a letter or work on a project
- Find a support group
- Visit nonsmoking places
- Avoid caffeine and alcohol
- Eat crunchy foods like fruit, vegetables and popcorn
- Wash dishes by hand after meals
- Head outdoors for a walk

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