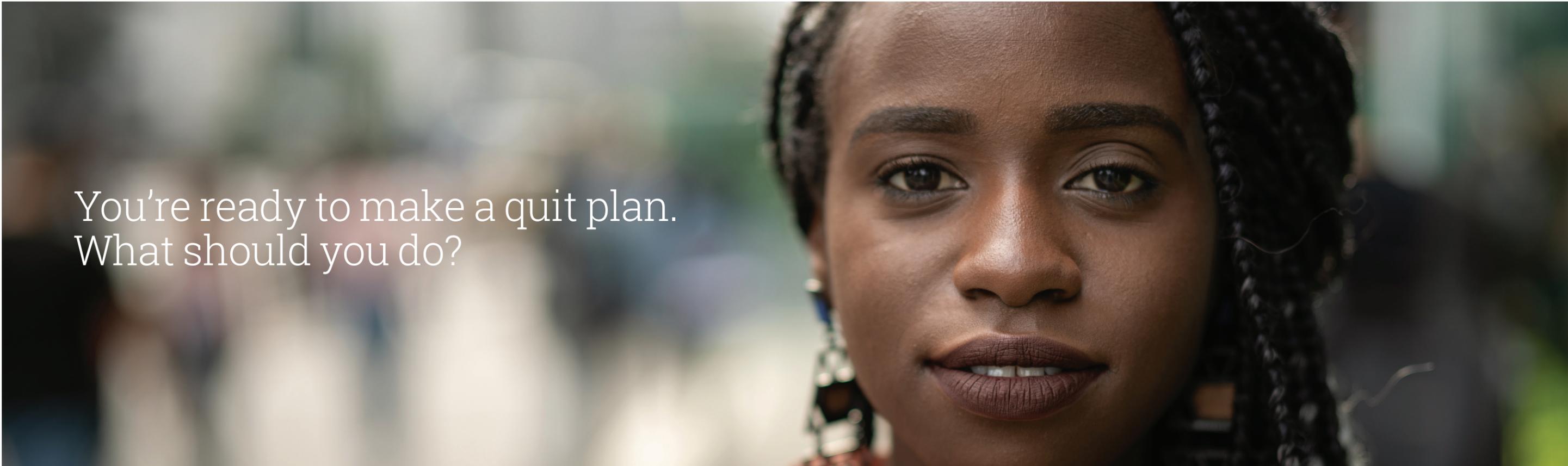


The quit for life program

Quitting tobacco can be tough, but you don't have to do it alone.
Mass General Brigham Health Plan can help.





You're ready to make a quit plan.
What should you do?

There is no right way to quit smoking. And no one way works for all people.

Talk to your PCP

- Your PCP can talk to you about your options for quitting. You will also need a prescription if you want to try quit-smoking medications or nicotine replacement therapy.

Talk to a Mass General Brigham Health Plan tobacco treatment specialist

It's easy. Call [857-282-3096](tel:857-282-3096) or email HealthPlanQuitSmoking@mgb.org to talk with our tobacco treatment specialist who can:

- Assess your smoking habits
- Talk to you about quit methods
- Help you make a quit plan
- Give you information about medication
- Discuss questions you may want to ask your doctor

Smoking during pregnancy can cause:

- Premature birth
- Low birth weight
- Stillbirth
- Sudden infant death syndrome
- Certain birth defects like a cleft lip or cleft palate

Second-hand smoke can cause heart disease and lung cancer in people who live with a smoker. Babies and children exposed to secondhand smoke have more lung problems and ear infections.

Third-hand smoke is the residue and gases of tobacco smoke that build up on furniture, clothing, carpets, and other surfaces. It's especially dangerous for children because they touch, crawl, and play on these surfaces.

What happens when I quit?

Within minutes of quitting, your heart rate and blood pressure drop.

After a few weeks, your circulation improves and you can breathe better.

After only 1 year, your risk of heart disease is half that of someone who still smokes.

After 5 years, the risk of cancer of the mouth, throat, esophagus, and bladder is cut in half.

After 10 years, the risk of dying from lung cancer is about half that of a person who still smokes.

After 15 years, the risk of heart disease is the same as a non-smoker's risk.

Quit-Smoking Medications

The Quit for Life program includes coverage for gum, the patch, and more. Ask the tobacco treatment specialist how to decide if stop-smoking medications are right for you.



Quit your way with Mass General Brigham Health Plan

The Quit for Life Program is designed to offer you the flexibility to find a quit method that will work for you. And it's included with your plan at no extra cost.

Quit for Life includes:

- Free counseling from a tobacco treatment specialist
- Coverage for stop-smoking medicines with a prescription
- Education and resources

Start a dynamic online program

Members can log into our wellness portal on MassGeneralBrighamHealthPlan.org to sign up for Being Tobacco Free on Virgin Pulse.

Like to get started or learn more?

Contact the Mass General Brigham Health Plan tobacco treatment specialists by phone at: **857-282-3096** or by email at HealthPlanQuitSmoking@mgb.org