

Health Tips

Make Health Happen

www.anthem.com/ca

While quitting smoking may be a challenge, you can do it!

If you have decided to try to stop smoking or chewing tobacco, congratulations! It's one of the best things you can do for your health.

How do I quit using tobacco?

If you have tried to stop before, it's great that you are trying again. It often takes a few tries. Here are some good ways to get started:

- Think about talking to your doctor about medications or other things that might help you quit.
- Sign up for a "stop smoking" class or program.

Tips and strategies that have helped others quit

Put a check by the ideas you think will help.

- Tell your family and friends what you are doing and ask them to help.
- Challenge a friend to quit, too.
- Set a date to stop and stick to it.
- Stay away from smokers and places where there is smoking.
- Think about ways to reward yourself.
- Buy something with the money you save.
- Be patient with yourself – setbacks happen.

Remind yourself often why you are quitting

There are lots of great reasons to stick with your plan and quit smoking or chewing tobacco. Here are just a few:

- You will feel better and breathe easier.
- You won't cough as much.
- You will save money.
- Foods will taste and smell better.
- You will have more energy.
- Your lungs and heart will not have to work as hard.
- You will be healthier.
- Others will not be harmed by your smoke.

You may have other reasons of your own. Write them down here:

1. _____
2. _____
3. _____

You are on your way to a tobacco-free life. Remember, there are lots of people and resources to help you, including:

American Lung Association
1-800-548-8252
www.lung.org

U.S. Department of Health and Human Services
1-800-QUIT-NOW
www.smokefree.gov

Department of Health and Human Services,
www.smokefree.gov. (Accessed September 4, 2013.)



Helpful phone numbers for Anthem Blue Cross members only:

Customer Service: Please call the number on your member ID card

24/7 NurseLine: 1-800-224-0336 (TTY 1-800-368-4424)

We can translate this at no cost. Call the customer service number on your member ID card.

English

Podemos traducir esto gratuitamente. Llame al número de servicio de atención al cliente que aparece en su tarjeta de identificación (ID Card).

Spanish

يمكننا ترجمة هذا بدون أي تكلفة. اتصل برقم خدمة العملاء الموجود على بطاقة عضويتك ID.

Arabic

Մենք կարող ենք այս անվճար թարմամանել: Կարող եք հեռախոսել Յանախորդների Սպասարկման Բաժնին, որի թիվը կը մտնուեք ձեր ինքնուրջան քարտի (ID) վրա:

Armenian

我們可以免費為您提供翻譯版本。請撥打您ID卡上所列的電話號碼洽詢客戶服務中心。

Chinese

ما می توانیم این را به رایگان برایتان ترجمه کنیم. به شماره خدمات مراجعین ما که پشت کارت شناسایی تان (ID) درج شده. تلفن بزنید.

Farsi

Peb txhais tau qhov no pub dawb. Hu mus rau qhov chaw pab neeg tus naj npawb xov tooj nyob rau ntawm koj daim ID ua mej zeej.

Hmong

យើងអាចបកប្រែជូនដោយឥតគិតថ្លៃ ។ សូមទូរស័ព្ទទៅផ្នែកសេវាអតិថិជន តាមលេខមាននៅលើប័ណ្ណ ID របស់អ្នក ។

Khmer

저희는 이것을 무료로 번역해 드릴 수 있습니다. 가입자 ID 카드에 있는 고객 서비스부 번호로 연락하십시오.

Korean

Мы можем перевести это бесплатно. Позвоните в отдел обслуживания участников плана по номеру, указанному в вашей карточке участника плана (ID Card).

Russian

Maaari namin itong isalin-wika nang walang bayad. Paki tawagan ang numero ng customer service sa inyong ID card na pang miyembro.

Tagalog

Xin gọi Văn phòng Dịch vụ Hội viên qua số điện thoại ghi trên thẻ ID (thẻ hội viên) của quý vị.

Vietnamese