

# Health Tips

Make Health Happen

[www.anthem.com/ca](http://www.anthem.com/ca)

Thinking about trying to quit smoking? That's a great idea – for a lot of reasons.

## Don't let your health go up in smoke

Smoking or chewing tobacco can affect your health in many ways. Check any problems you have had that may be related to smoking:

- Coughing and breathing problems, like asthma and bronchitis
- Mouth cancer, throat cancer or lung cancer
- Heart problems
- High blood pressure
- Bad breath
- Problems with taste or smell
- Yellow teeth and fingernails
- Wrinkles around the mouth

How else has smoking affected you? You may want to add some to the list:

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## Do you know how much you spend on cigarettes?

Smoking is expensive. This chart will give you an idea of how much it costs you each year:

If you smoke this much every day...	It will cost you this much every year
1/2 of a pack	\$821
1 pack	\$1,642
2 packs	\$3,285

Based on a price of \$4.50 per pack

What other things would you rather spend that money on? Write them down here:

1. \_\_\_\_\_
2. \_\_\_\_\_

## Why should I quit?

Check the reasons you may have for trying to quit:

- I want to breathe easier and cough less.
- I want to have more energy.
- I want to save money.
- I want a healthier heart and lungs.
- I want to taste and smell foods better.
- I don't want to expose others to secondhand smoke.

Add your own reasons:

1. \_\_\_\_\_
2. \_\_\_\_\_

Quitting smoking is one of the best things you can do for your health. And remember, there are lots of people and resources to help you, including:

Department of Health and Human Services

**1-800-QUIT-NOW**

[www.smokefree.gov](http://www.smokefree.gov)

Department of Health and Human Services,  
[www.smokefree.gov](http://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