



Horizon Blue Cross Blue Shield of New Jersey



Horizon Wellness

Start 2017 Smoke Free

Do you make the same resolution every year – to quit smoking? If you need some motivation to make 2017 the year you succeed at becoming tobacco free, read on.

Benefits of Quitting

If you're a smoker, quitting is the most important step you can take to protect your and your family's health. When you smoke, you and those around you are breathing in more than 7,000 chemicals, 10 percent of which are known to cause cancer.

While the health benefits increase the earlier you quit smoking, there are benefits to doing so at any time. Quitting lowers your risk for different types of cancer, as well as for heart and lung disease and stroke.

If you're a woman of childbearing age, quitting can reduce your risk for infertility, and if you quit while pregnant, you can reduce your risk of having a baby with a low birth weight.

Tips for Succeeding

Need some strategies to quit? Try these from the Centers for Disease Control and Prevention (CDC):

1. Identify a purpose for quitting. If you have a strong "why," such as improving your health or setting a good example for your children, you increase your odds of success.

2. Don't underestimate the effort. Quitting requires commitment and effort. Nicotine is addictive, and you may experience withdrawal symptoms, such as feeling irritable, angry or anxious, having trouble thinking, craving tobacco products and feeling hungrier than usual.

There may be times when you may be tempted to light up. However, knowing this in advance and identifying alternative activities can help you stay the course if or when that urge does hit you.

3. Get help. Your chances of quitting are better if you get the assistance you need. Nicotine-replacement products are available, and you can access free help lines such as **1-800-QUIT-NOW (784-8669)**.

You can also speak to your doctor about other strategies.

4. Know that numbers are on your side. According to the CDC, more than half of all adult smokers have successfully quit. You can join them.

Source: Centers for Disease Control and Prevention



NJWELL is an incentive-based wellness program offered to active employees and their covered spouses who participate in the SHBP/SEHBP. More detail can be found on <http://www.nj.gov/njwell/>.

Preventive care services and screenings are only covered when rendered by an in-network doctor or other health care professional. Immunizations received for travel outside the country or for work-related reasons are not covered. Well-child immunizations for children less than 12 months of age are the only immunizations allowed out-of-network.

This information has been created and supplied to you courtesy of Horizon Blue Cross Blue Shield of New Jersey. The information is general in nature and is intended to provide you with increased understanding of the topics discussed to help you and your family get and stay healthy. It is not intended as a substitute for the professional advice and care of your doctor. If you have any questions or concerns about your health or the health of any of your family members, consult your doctor.

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