

BENEFITS OF QUITTING SMOKING

No matter how much you smoke — or for how long — quitting will benefit you.

Quitting smoking can lower your risk of:

- Various cancers, including lung cancer
- Heart disease, stroke, emphysema, vision loss, and other serious diseases
- Disease and cancer in family members including children, and pets, who otherwise would be exposed to your secondhand smoke

HOW TO CHOOSE A SMOKING CESSATION PRODUCT THAT'S RIGHT FOR YOU

Smoking cessation products approved or cleared by the U.S. Food and Drug Administration are shown to help people quit smoking and can even double your chance of quitting successfully.

Nicotine replacement therapy, also known as NRT, helps you quit smoking by gradually providing the body with smaller doses of nicotine over time, without exposing you to the toxic chemicals found in cigarette smoke.

Over-the-counter NRTs are approved for sale to people age 18 and older. They include:

- **Skin patches** (also called “transdermal nicotine patches”). These patches are placed on the skin, similar to how you would apply an adhesive bandage.
- **Chewing gum** (also called “nicotine gum”). This gum must be chewed according to the labeled instructions to be effective.
- **Lozenges** (also called “nicotine lozenges”). You use these products by dissolving them in your mouth.

Prescription Smoking Cessation Products That Contain Nicotine:

- Nicotine spray
- Nicotine inhaler

FDA-Approved Prescription Smoking Cessation Products That Do Not Contain Nicotine:

- Varenicline tartrate
- Bupropion hydrochloride

HOW CAN THE APWU HEALTH PLAN HELP?

Both High Option and Consumer Driven Option members can enroll in the Tobacco Cessation Program at no extra cost!

- **High Option Members:** call Cigna/CareAllies at 1-800-582-1314 to enroll.
- **Consumer Driven Option Members:** call UnitedHealthcare at 1-800-718-1299 to enroll.

APWU Health Plan also covers Lung Cancer Screenings at no additional cost for adults ages 50-80 who have a 20 pack-year smoking history. So if you're concerned that you might have lung cancer call your primary care provider today to schedule a lung cancer screening!

Also, most FDA-approved medications are paid at 100% so don't hesitate to take advantage of this benefit!



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www.apwuhp.com
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