

WANT TO QUIT SMOKING? WE CAN HELP!

Learn to quit for good

Studies show smokers are more likely to quit for good if they use medicine to reduce cravings and learn ways to manage smoking triggers.

Quitting smoking is one of the most important things you can do for your health.

When you quit smoking you will see immediate health benefits:

- Better breathing and circulation
- Improved blood pressure
- Fewer colds and other infections
- Better control of blood sugar
- Lower cholesterol

Did you know?

When you quit smoking before surgery, you help your chance to heal faster.

The CHA Tobacco Treatment Program can help!

Talk to your healthcare provider about medicine to help you quit and a referral to the CHA Tobacco Treatment Program. Most health insurance plans will cover the cost of medicine to help you quit smoking.

CHA tobacco treatment program: 617-591-6922 or online at challiance.org

Other Resources

Massachusetts Smokers' Helpline 800-QUIT-NOW (800-784-8669)

MakeSmokingHistory.org

Smokefree.gov