Benefits of Quitting Tobacco

20 minutes after quitting:
Your heart rate and blood pressure drop.

12 hours after quitting:
Carbon monoxide level in blood returns to normal.

2 weeks to 3 months after quitting:
Your circulation improves and your lung function increases.

1 to 9 months after quitting:
Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting:
The excess risk of coronary heart disease is half that of a continuing smoker's risk.

5 years after quitting:
Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years after quitting:
The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx and pancreas decreases.

Learn more about PHP and wellness tools at ***phpni.com***

260-432-6690, ext. 11 | 800-982-6257, ext. 11 | custsvc@phpni.com

---

PHP

1700 Magnavox Way, Suite 201 | Fort Wayne, IN 46804

260–432–6690 | 800–982–6257

20261020

Make a Choice to Free Yourself of Tobacco

A resource for those looking for tools to quit using tobacco and tobacco products



PHP

A tobacco-free life—It's up to you

Quitting tobacco is not easy, but it can be done. Whether you're a smoker, someone who uses smokeless tobacco, or someone trying to help a friend or loved one, PHP offers a variety of options to help members who want to quit their addiction to tobacco.

PHP understands that quitting is not easy

Stopping or cutting back on tobacco causes symptoms of nicotine withdrawal. Withdrawal is both physical and mental. Physically, your body is reacting to the absence of nicotine. Mentally, you are faced with giving up a habit, which calls for a major change in behavior. Emotionally, you might feel as though you've lost your best friend. Studies have shown that smokeless tobacco users have as much trouble giving up tobacco as cigarette smokers who want to quit smoking.

To assist your transition to a tobacco-free lifestyle, PHP covers the following FDA-Approved Tobacco Cessation Medications:

- Nicotine Patch
- Nicotine Lozenge
- Bupropion (Zyban™)
- Nicotine Gum
- Varenicline (CHANTIX™)

Benefit details:

- Must have a prescription for up to 30 days of medication for coverage at 100%
- Two 90-day Tobacco Cessation treatment regimens per year* covered at 100%

**A year is a rolling 365-day period, not a calendar year.*



Indiana and Ohio Tobacco Quitline: **800-QUIT-NOW (800-784-8669)**

Learn more at **quitnowIndiana.com** and odh.ohio.gov/know-our-programs/tobacco-use-prevention-and-cessation/cessation

The Indiana and Ohio Tobacco Quitline's are a free phone-based counseling service that helps smokers quit. Services include:

- One-on-one coaching for tobacco users who have decided to quit
- Resources for healthcare providers who want to improve patient outcomes
- Best practices for employers who want to implement smoke-free policies
- Support for family and friends who want to help loved ones stop smoking
- Tools for tobacco control partners to complement their current programs
- Services are available 7 days-a-week in more than 170 languages
- A trained quit coach will work with you and provide solutions tailored to your needs

Additional support programs for use with any drug therapy are also available for PHP members online at phpni.com.

For more information on PHP's tobacco cessation resources please contact:

Customer Service: 260-432-6690, ext. 11

Toll Free: 800-982-6257, ext. 11

Email: custsvc@phpni.com

Source: www.cancer.org, www.in.gov/quitline