Health plan benefits — Most health insurance, including Medicaid, can cover the cost of quit-smoking medications like the nicotine patch. When you talk with your health care provider for support, they can also provide you with a prescription for medications required by most health plans.

*Not insured? Try generic nicotine replacement therapies. They cost less and are as useful as brand-name products. Put the money you save by quitting smoking towards these medications.

Carry this card with you on your next health care appointment.

For additional support:

1-866-NY-QUITS
(1-866-697-8487)

nysmokefree.com

Support — why you should consider your health care provider.

THINKING ABOUT QUITTING?

Tell your health care provider. Flip this card to learn more.

For additional support, call 1-866-NY-QUITS (1-866-697-8487) or visit nysmokefree.com.

*Not insured? Check out the New York State of Health by visiting nystateofhealth.ny.gov.

Developed by Roswell Park Cessation Services for the New York State Smokers’ Quitline located in Roswell Park Comprehensive Cancer Center | Buffalo, NY | 1-866-NY-QUITS (1-866-697-8487) | nysmokefree.com | Deaf, Hard of Hearing and Speech Disabled: Call the NY Relay Service at 7-1-1 (Voice or TTY), give the operator the Quitline number.
Talking with your health care provider is a good way to increase your success in quitting smoking. Try saying –

I’m thinking about quitting smoking, can you help me?

What quit-smoking medications would you suggest?

Could you prescribe me medications covered by my health plan?

Setting yourself up for success – support and medication

Medication plus support from a Quitline Coach and/or your health care provider can double your chances of quitting smoking successfully.

Smoke 10 or more cigarettes per day?
Try combination nicotine replacement therapy to improve your chances of quitting and staying quit.

What is combination therapy?
Using the nicotine patch with the gum or lozenge. For the best results, use your medications as directed and don’t cut the treatment short.

How it works

The patch gives you a steady dose of nicotine throughout the day.
The gum or lozenge work fast to stop cravings in their tracks!

35 and beyond – Quitting smoking at any age means decreasing your risk or stopping the progress of many chronic diseases caused by smoking, such as heart disease and COPD.

Each time you smoke a cigarette, you’re exposed to more than 70 cancer-causing chemicals or carcinogens.

CIGARETTES, NOT YOUR FRIEND | Smoking can increase anxiety and stress. That relaxing feeling you get from smoking is just relief from nicotine withdrawal.

NICOTINE DOES NOT CAUSE CANCER | Tar in cigarette smoke causes cancer. Nicotine in cigarettes keeps you smoking, but the other harmful chemicals in cigarettes make smoking dangerous.

Getting a plan – preparing for the journey

1. Know your reasons for quitting smoking. This can help you through tough times.
2. Set your quit date – avoid stressful dates.
3. Line up support – your health care provider, a Quitline Coach, family, or friends.
4. Get your quit-smoking medications before your quit date.
5. Build a quit kit - distractions like toothpicks, sunflower seeds, games, books.
6. Know what makes you want to smoke and plan coping strategies to help manage or prevent cravings or urges.
7. Mini-quits, practice helps! Try “quitting” your first cigarette of the day – take a shower or walk instead. Try different times and coping skills.
8. Throw out all your tobacco. Yes, all of it.
10. Slip up or relapse? Don’t give up! It takes a few tries before quitting for good. Get back on track and remember your reasons to quit.

How it works

The patch gives you a steady dose of nicotine throughout the day.
The gum or lozenge work fast to stop cravings in their tracks!

Even smoking five or fewer cigarettes per day can result in early signs of heart disease.

Within just 20 minutes, your heart rate calms. After 8 hours breathing becomes easier. And within just 24 hours after quitting, your chance of heart attack decreases.

Quitting by 35 means your health can recover as well as someone who has never smoked. Cutting your risk of early death in half!

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It’s true – it is never too early or too late to quit