



There's help when you want to quit smoking

Every third Thursday in November the American Cancer Society holds the Great American Smokeout in an effort to encourage and support smokers to quit the habit. Why? **Because tobacco use remains the single largest preventable cause of disease and premature death in the country.**

It's never too late

For every cigarette you smoke, your life is shortened by 11 minutes. Quitting at any age can give you back years of life that would be lost by continuing to smoke. The health benefits when you quit are practically immediate, according to the American Cancer Society.



12 hours

The carbon monoxide level in your blood drops to normal.



2 weeks – 3 months

Your circulation improves, and your lung function increases.



1 year

Excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.



15 years

The risk of coronary heart disease is that of a non-smoker's.

ConnectiCare can help you kick the habit

Without a doubt, it's hard to quit smoking. But you can do it. And we're here to support you. QuitCare is included with your plan.*

What you get with QuitCare:

- Coaching and support from a trained tobacco cessation treatment specialist
- Assistance in identifying triggers and barriers, and creating a quit plan
- Information on the quit process mailed to you

You may also qualify for over-the-counter nicotine replacement therapy like nicotine patches and gum or prescription medication for smoking cessation at **no cost to you.****

Call ConnectiCare's QuitCare program today for more information 1-800-390-3522.

Questions? Get in touch!

By phone: 1-800-251-7722 (TTY: 1-800-833-8134)
Monday-Friday 8 a.m.-8 p.m. ■ Saturday 9 a.m. -2 p.m.

In person: At a ConnectiCare center, Monday – Saturday
For locations and hours, go to visitconnecticare.com

Online: connecticare.com Follow us:  



Sources: American Cancer Society website; <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>; <https://www.cancer.org/content/dam/cancer-org/online-documents/en/pdf/flyers/gaso-recovery-infographic-2016.pdf>, accessed 7/7/2017

*"Free" means that you will not have a copay or have to pay money toward your deductible or coinsurance for the services.

**ConnectiCare covers nicotine replacement therapy and prescription level tobacco cessation products only if you have prescription drug coverage through ConnectiCare. QuitCare is available to all fully-insured Connecticut and Massachusetts group members, ConnectiCare SOLO members and ConnectiCare members who purchased plans through Access Health CT, Connecticut's official health insurance marketplace.

The information provided is NOT intended to be medical advice and should not be treated as a substitute for professional medical advice and care. Please contact your physician when seeking any medical advice. ConnectiCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-251-7722 (TTY: 1-800-833-8134). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-251-7722 (TTY: 1-800-833-8134).