

Resources to Help You Quit Smoking

When you smoke, it is detrimental to your health in many ways, such as:

- Heart rate and blood pressure go up.
- Surgical wounds heal more slowly.
- Medications may not be as effective.
- Chance of heart attack, stroke and cancer increases.

What's the best way to quit?

In short, the best way to quit is the one that works for you. Many people quit cold turkey, but that can take a lot of attempts over many years. Here are some tips to be successful at quitting smoking:

- Get support – Using counseling doubles your chances of quitting for good.
- Take quit-smoking medications – These can double or triple your chance of success.
- Use both counseling and medication for even better odds of quitting for good.

Coaching and counseling support options:

- Call 1-800-784-8669 (1-800-QUIT-NOW) for free, expert counseling.
- If you are a veteran, call the Veteran's Administration location nearest you for assistance.
- Make your own plan and get support from others at BecomeAnEx.org or FreedomFromSmoking.org.

Helpful resources with quit-smoking medications:

- Kansas and Missouri Medicaid cover most kinds of quit-smoking medications.
- Insurance plans purchased through ACA exchanges must cover quit-smoking medication.
- Many private insurers now cover quit-smoking medication.
- Medicare Part D plans must cover some form of quit-smoking medication, but coverage varies. Call your plan to see what is covered.
- Prescription assistance programs cover quit-smoking medication and your healthcare provider can help you apply for one of these.

