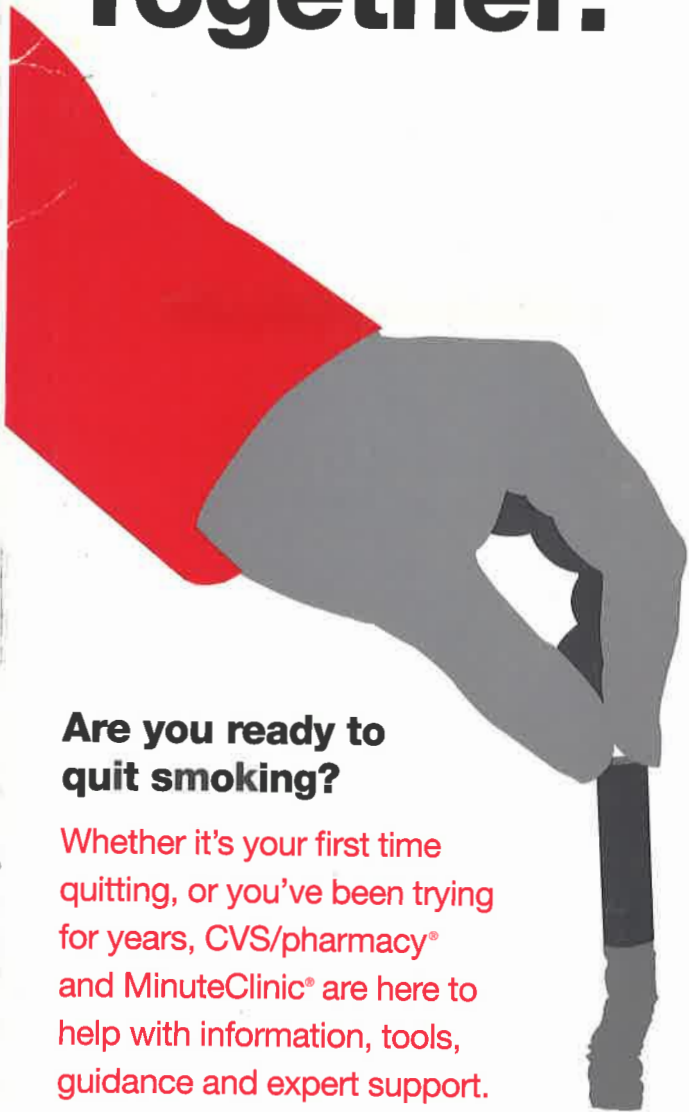


CVS/pharmacy®

Let's Quit Together.

Are you ready to quit smoking?

Whether it's your first time quitting, or you've been trying for years, CVS/pharmacy® and MinuteClinic® are here to help with information, tools, guidance and expert support.



READY TO QUIT SMOKING? HELP IS HERE.
Visit **CVS/pharmacy**® or **MinuteClinic**® to get started.



1-844-265-4321

Operated by the American Cancer Society®
Quit For Life® Program



CVS.com/quit-smoking

Keep this card with you so you can
access support when you need it.



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Why Quit?

Quitting smoking is one of the most important things you can do to improve your health and protect the health of your family. Smoking causes cancer, heart attacks and stroke. Even yellow teeth and bad breath, while not deadly, are noticeable and unpleasant. Secondhand smoke causes asthma and breathing problems, especially in young children.

Once you quit:

The body begins healing.

20
MINUTES



3
MONTHS

Lung function and circulation improve.

Risk of heart disease is cut in half.

12
MONTHS

5
YEARS

Risk of mouth and throat cancer is cut in half.

Source: Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, 2004

Improve the Health of Your Family

Cigarette smoke is harmful to everyone who inhales it, not just the smoker. Secondhand smoke is dangerous and can make those around you sick. Children who live with smokers get more chest colds and ear infections. Babies born to mothers who smoke have an increased risk of premature delivery, low birth weight and sudden infant death syndrome (SIDS).

Source: www.lung.org/stop-smoking/how-to-quit/why-quit/

Never Quit Quitting

It's important to acknowledge that quitting isn't easy. It typically takes someone multiple attempts to quit. Relapse is common, so don't be discouraged if you do slip. Just remind yourself of all the good reasons you have for quitting and start again.

Also know that combining stop-smoking aids (also called nicotine replacement therapy or NRT) or prescription medicine* with expert counseling increases your chances for success. This is where we come in! Specially trained family nurse practitioners, physician assistants and pharmacists are ready to help you.

Have a Quit Plan

- Set a quit date and write down your reason for quitting
- Get a smoking cessation assessment
- Rid your home, car and work of cigarettes and ashtrays
- Practice saying "No thanks, I don't smoke"

**When clinically appropriate.*



*"No thanks,
I don't smoke."*



Quitting Isn't Easy

Relapse is common, so don't be discouraged if you do slip. Just remind yourself of all the good reasons you have for quitting and start again.



Let's Quit Together

It's important to know that you are not alone. Most former smokers say quitting is the hardest thing they've ever done. No matter where you are in your journey, we will support you. We've pulled together resources to help, whether you are simply researching, ready to go or trying again to quit.

CVS/pharmacy®

Trained pharmacists will offer you a personalized smoking cessation assessment and listen to your specific needs. They will also provide information about over-the-counter stop-smoking aids.

Certain smoking cessation medications may be covered by your insurance plan. Speak with a pharmacist to review your options.

minute clinic®

MinuteClinic®, the walk-in medical clinic inside select CVS/pharmacy® stores, offers the **Start to Stop® program**, a comprehensive smoking cessation program that is covered by most insurance. It includes:

- Custom smoking cessation plans
- Nicotine replacement recommendations or prescriptions written when medically appropriate
- Ongoing coaching and support





*“Hang in there,
the craving will pass.”*

You're Not Alone

Involve your friends and family in your plan to quit smoking. Make a pact to quit with a friend who smokes and help each other.

Cravings can be difficult to ignore, but they will usually pass in 5 to 10 minutes. Call a friend or find an activity to keep you busy.

Know your triggers and find ways to avoid them.

Change after-meal and work break activities to non-smoking alternatives.

Keep a list of your smoking habits with planned alternatives. Refer to it when you get the urge.



Reward Yourself

Find ways to reward yourself when you hit milestones. Every day smoke-free is worth celebrating!



Consider Medication

Research shows that when you combine expert counseling with the right medication, you double your chances of quitting successfully.

Understanding Stop-Smoking Aids

There are many over-the-counter options to help you quit smoking. These include nicotine patches, gum and lozenges. There are also prescription options such as inhalers, nasal sprays and oral tablets.

Your pharmacist can provide information about over-the-counter stop-smoking aids (NRT). Your health care provider or MinuteClinic® practitioner can also help, by offering counseling and determining if prescription medication may be clinically appropriate for you. The important thing is to find the option that is right for you:

Nicotine Gum

Chewing nicotine gum helps reduce individual cravings by releasing a small dose of nicotine. It is available in several flavors.

Nicotine Lozenge

As a lozenge dissolves in your mouth, it releases a dose of fast-acting nicotine to help manage individual cravings.

Nicotine Patch

The patch slowly releases a steady flow of nicotine into the body through the skin. It can provide craving relief for up to 24 hours at a time.



How CVS/pharmacy® Can Help

CVS/pharmacy® Brand stop-smoking aids reduce withdrawal symptoms, including nicotine cravings associated with quitting smoking. Ingredients compare to the active ingredients found in the leading national brands.

At CVS/pharmacy, our store brand products have the quality you demand. If you're not satisfied, we'll give you your money back.

All CVS/pharmacy® Brand products are 100% satisfaction guaranteed, with a no questions asked money-back guarantee.

Learn More through These Convenient Resources



[CVS.com/quit-smoking](https://www.cvs.com/quit-smoking)

If you want to research online, visit our dedicated website for great tools, information and links.



1-844-265-4321

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Stopping Starts Here
[CVS.com/quit-smoking](https://www.cvs.com/quit-smoking)

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