

Tobacco Cessation Tips



DO:

- Be patient with yourself
 - Be positive; use self-talk
 - Be proud of small accomplishments
 - Take time for yourself
 - Believe that you can be a non-smoker
 - Get lots of rest
 - Use your sense of humor
 - Talk to someone
 - Drink water often
- Remember why you chose to become tobacco-free

DON'T:

- Be impatient
- Worry about "forever"
- Be negative
- Neglect yourself
- Drink a lot of alcohol
- Overdo
- Take yourself too seriously
- Be afraid to ask for help
- Believe you can have "just one"
- Forget the reason you quit

Call

1-800-736-8272

or visit www.sentara.com/tobaccocessation
for tobacco cessation information.

Tobacco Cessation Resources

- 1 National Quitline Network 1-800-QUIT-NOW (1-800-784-8669)**
- 2 Call 1-800-736-8272 to:**
 - Learn about availability of free classes in your area
 - Order *Get Off Your Butt: Stay Smokeless for Life* at-home program
- 3 Call (757) 687-6000 for free individual counseling with a tobacco cessation specialist.**



Additional Resources for Optima Health Members Only

- 1 To access WebMD® Health Services,** visit www.optimahealth.com/members and sign in to MyOptima.
- 2 To work directly with a Case Manager,** call the Member Services phone number on your Optima Health member ID card.

