

## The four D's to ease cravings:

1. **Delay** - Wait out the urge to smoke. It will pass in a few minutes.
2. **Deep Breathing** - Breathe in slowly and as deeply as you can, and then breathe out slowly. Repeat this 5 times.
3. **Drink Water** - Sip the water slowly and hold it in your mouth a little while.
4. **Distract** - Do something that takes your mind off of smoking for a few minutes.



## Why should you quit?

- **Save money** - A pack-a-day smoker who pays \$7.50 for a pack of cigarettes spends \$52.50 a week. That's \$2,730.00 a year!
- **Improve your health** - Smoking takes away from how well and how long you live.
- **Improve the health of your family and friends** - Secondhand smoke from your lit cigarette hurts the children and people you love. It also hurts your pets.
- **If you quit, your children are less likely to start smoking** - and if they smoke they are more likely to quit.

## The following organizations support you being tobacco-free:

Central MA Area Health Education Center, Inc.  
Central MA Tobacco Free Community Partnership  
LUK, Inc.  
City of Worcester  
Common Pathways / CHNA 8  
Community Healthlink, Inc.  
Edward M. Kennedy Community Health Center  
Fallon Community Health Plan  
Family Health Center of Worcester  
Genesis Club, Inc.  
HOPE Coalition  
Saint Vincent Hospital  
Southeast Asian Coalition of Central Massachusetts  
Spectrum Health Systems, Inc.  
UMass Medical School  
UMass Memorial Medical Center  
VNA Care Network  
Worcester District Medical Society  
YWCA Central Massachusetts

## Worcester Community Smoking Cessation Resource Guide



## Become tobacco-free today!

Quitting smoking can be hard, but there are ways to make it easier. Using quit-smoking medicines and counseling support can make you *more than twice as likely* to quit for good!

## How do I talk with my doctor about becoming tobacco-free?

Many people don't know what to ask or where to start. Here are some tips to make the conversation a little bit easier.

- ❑ Write down questions you have for your doctor regarding quitting smoking.
- ❑ Think about your past quit attempts and why you think they did not work.
- ❑ Tell your doctor you are ready to quit and why.
- ❑ Pick a quit date and share that date with your doctor.
- ❑ Talk to your doctor about a quit plan, including which medication or medication combinations may be right for you.

## Quit smoking medications

Medication	Availability
Nicotine Patch*	Over-the-Counter
Nicotine Gum*	Over-the-Counter
Nicotine Lozenge*	Over-the-Counter
Nicotine Inhaler	Prescription
Nicotine Nasal Spray	Prescription
Zyban	Prescription
Chantix	Prescription

\* May require a prescription to be covered by health insurance.

## How do I find out what kind of benefits I have?

Many health insurance plans help cover the cost of counseling support and medications. To find out what kind of benefits you have, call the member services number listed on the back of your health plan card.

### Quit smoking mobile apps:

Please check your plan, message and data rates may apply. Visit the below websites for more information and to sign up.



- ❑ Text2Quit  
[www.text2quit.com](http://www.text2quit.com)
- ❑ Smokefree TXT  
[www.smokefree.gov/smokefreetxt/](http://www.smokefree.gov/smokefreetxt/)
- ❑ MyQuit Coach  
[www.livestrong.com/quit-smoking-app/](http://www.livestrong.com/quit-smoking-app/)

### Websites with helpful quit smoking information:

- ❑ Make Smoking History  
[www.makesmokinghistory.org](http://www.makesmokinghistory.org)
- ❑ Quit Net  
[www.quitnet.com](http://www.quitnet.com)
- ❑ Become An Ex  
[www.becomeanex.org](http://www.becomeanex.org)

## Call these resources to help you become tobacco-free today!

### Free Phone Counseling and Support

Services are available to all MA residents.

1-800-Quit-Now (1-800-784-8669)

TTY: 1-800-833-1477

Quit Tips Line: 1-800-943-8284

### Group and Individual Counseling

Call for more information. Quit-smoking medications may be offered.

Edward M. Kennedy Community Health Center Patients-

Contact your medical provider for a referral.

Fallon Community Health Plan Members or Reliant Medical Group Patients-  
Call 508-368-9540

Family Health Center of Worcester Patients-  
Contact your medical provider for a referral.

UMASS Memorial Medical Center\*-  
Call 508-334-5393 or 508-334-3452  
\*Most health insurance plans accepted.

Veterans Affairs Patients-  
Call 1-800-865-3384

### Education and Support Meetings

Genesis Club  
508-831-0100

Services are available to club members.

Nicotine Anonymous

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Internet, telephone and in-person meetings are open to all.