Quit the Tobacco Habit



Quitting is a Journey

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 46 millions of Americans still smoke. However, more than half of these smokers have attempted to quit for at least one day in the past year.

Quitting is hard, but you can increase your chances of success with help. Educating yourself, making a plan, using online resources, enlisting the help of family and friends, talking to your doctor about tobacco treatment medications, and seeking counseling are all ways to increase your chances of success.

Request an appointment by filling out the **Counseling Registration Form.** If you have issues with the form, please call our office and we'll be glad to help:
(402) 354-8000 or (800) 801-4182

Top Reasons to QUIT (from the National Institutes of Health)

1) Reduce your chances of having a heart attack.
2) Reduce your chances of getting lung cancer, emphysema and other lung diseases.
3) Your clothes, hair, breath, home, and car will smell better.
4) You will climb stairs, walk without getting out of breath, and have more energy overall.
5) You will have less wrinkles.
6) You won't experience a morning cough.
7) You'll save money.
8) You'll have more control over your life and health.

Website and Apps to Know About

- www.smokefree.gov
- www.cdc.gov/tobacco
- www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html

For additional resources, like webinars and articles on addiction, visit the Best Care EAP Resource Hub.