

# Quit the Tobacco Habit

## Information and Resources



### Quitting is a Journey

Tobacco use remains the single largest preventable cause of disease and premature death in the US, yet more than 46 million 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.

The following web sites have information, apps, chat support and other resources to help you quit the tobacco habit:

- [www.smokefree.gov](http://www.smokefree.gov)
- [www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/index.html)
- <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking.html>

### Top 10 Reasons to QUIT (from the National Institutes of Health)

1. I will reduce my chances of having a heart attack or stroke.
2. I will reduce my chances of getting lung cancer, emphysema and other lung diseases.
3. I will have better smelling clothes, hair, breath, home and car.
4. I will climb stairs and walk without getting out of breath.
5. I will have fewer wrinkles.
6. I will be free of my morning cough.
7. I will reduce the number of coughs, colds and earaches my children/grandchildren will have.
8. I will have more energy to pursue physical activities I enjoy.
9. I will treat myself with the money I save from not buying cigarettes.
10. I will have more control over my life.

### Employee Assistance Program

Best Care EAP offers free, confidential assistance to stop tobacco use. Services include free face-to-face sessions for assessment, support and referral to community resources. Call Best Care EAP today to get started!



**BEST CARE**  
EMPLOYEE ASSISTANCE PROGRAM

402.354.8000 / 800.801.4182  
[www.BestCareEAP.org](http://www.BestCareEAP.org)