

# You've Got Support.

**Great AMERICAN Smokeout: November 15th 2018**

*Quitting tobacco is a big deal, but you don't have to do it alone!*

When it comes to going tobacco-free, support makes all the difference. Wherever you are in your quit journey—creating your quit plan or sharing your strategies for success—this information can help you reach your goal of living tobacco-free.

## What is the Great American Smokeout?

It's the day set aside by the American Cancer Society for people across the country to go tobacco-free.

## What is QuitNet?

QuitNet is the largest, longest-running tobacco cessation program in the world. It connects you to tools, support and encouragement to quit and stay tobacco-free, at no cost to you.

## What does QuitNet Provide?

**A supportive on-line community:** Connect with current and former tobacco users to find and give encouragement.

**The QuitGuide:** Order or download your copy to better prepare for your quit date and your tobacco-free journey.

**Personal coaching:** Find advice and answers from tobacco treatment specialists who are available on-line and by phone to provide the support you need.

**Helpful reminders and texts:** Get tips and encouragement throughout the day. Nicotine replacement therapy: Choose from the patch, gum or lozenges, and they'll be sent right to your door at no cost to you.

## How can I prepare for November 15<sup>th</sup>?

**Sign in to QuitNet.** Use it to get ready and support throughout your journey. Try these tips, too:

### Switch up your routine.

- Seek out places that don't allow tobacco.
- Eat lunch with a nonsmoker friend.
- Start a new hobby.

### Be ready for cravings

- Take a short walk until the urge passes.
- Keep your hands busy and focus on something else.
- Take deep breaths until the craving passes.

### Focus on why you're quitting.

- The first health benefits—like lower blood pressure—kick in just 20 minutes after your last use.
- You'll have more money to spend on items for yourself.
- You'll free loved ones and pets from secondhand smoke.

## Already quit? Pay it forward.

- Let someone who's trying to quit know you've got their back.
- Tell them how you got through cravings
- Remind them that setbacks are a chance to reset, not give up.

**Quitting tobacco is a big deal, but you don't have to do it alone!**

To enroll today, visit us at [www.quitnet.com/baystatehealth](http://www.quitnet.com/baystatehealth) or call **877-242-0307**.