



## **Quit the Nic program helps smokers**

Some people independently resolve to quit smoking; others need a little help from their physician. The Blues Quit the Nic program is ready to help them all. Many experts agree that quitting smoking is the most important preventive health action a person can take. Smoking is a known risk factor for cardiovascular disease, lung cancer, low birth weight, emphysema, skin wrinkles and other conditions.

Quit the Nic, our free phone support program, is available 24-hours a day, seven days a week. The nurse counselor will guide the member through an examination of their smoking behavior, discuss medications, help him or her set a quit date and give support and motivation. On a schedule set with the member, the nurse will call with information specific to his or her needs.

To enroll, call Quit the Nic at **800-811-1764**.

*Brought to you by Healthy Blue Living. Healthy Blue Living members who have questions about their health, specific conditions or other health concerns, can call BlueHealthConnection<sup>®</sup> at 800-637-2972.*