



# COMMIT TO QUIT TOBACCO

## Find the support you need to take that first step

We've all heard the dangers of smoking many times. But if what you're hearing still hasn't convinced you, or you have tried quitting before, maybe these common myths and facts can help.

## Five common myths about smoking

**Myth 1:** Smoking is just a bad habit and quitting is just a matter of willpower.

**Fact:** Tobacco use is an addiction. According to the U.S. Public Health Service Clinical Practice Guideline, Treating Tobacco Use and Dependence, nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine. And because smoking is an addiction, quitting is often very difficult.<sup>1</sup>

**Myth 2:** Other types of tobacco are safer than cigarettes.

**Fact:** No type of tobacco is safe, including cigarette, pipe, cigar, snuff and chewing tobacco.<sup>2</sup> The majority of oral cancer patients use or have used some form of tobacco.<sup>3</sup>

**Myth 3:** If you can't quit the first time you try, you will never be able to quit.

**Fact:** Quitting is hard. Approximately 70% of smokers want to quit – and usually people make two or three tries, or more, before being able to quit for good.<sup>4</sup>

1. "Healthcare 411." Treating Tobacco Use and Dependence. N.p., n.d. Web. 03 June 2015.

2. "Are Any Types of Cigarettes Safe to Smoke?" Are Any Types of Cigarettes Safe to Smoke? N.p., n.d. Web. 03 June 2015.

3. Oral Cancer: Symptoms, Causes, Treatments, and More." WebMD. WebMD, n.d. Web. 03 June 2015.

4. Quitting Smoking." Centers for Disease Control and Prevention. Centers for Disease Control and Prevention, 21 May 2015. Web. 03 June 2015.



## Take control of your life

To enroll in the program, or if you have questions, call **855.246.1873**.

Or, if you want to enroll online, visit **myCigna.com**, select "My Health" tab, then "Programs and Resources," then select "Health Assistant" from the drop-down menu.



**Myth 4:** The best way to quit is “cold turkey.”

**Fact:** Quitting cold turkey has an approximate success rate of only 4%, so if this method hasn't worked for you, try something else. The most effective way to quit smoking is by using a combination of counseling and nicotine replacement therapy or non-nicotine medicines.

**Myth 5:** Quitting is expensive.

**Fact:** Tobacco cessation treatments may cost from \$3 to \$10 a day; however, a pack-a-day smoker spends almost \$1,000 per year.

You know you want to quit. Now the tobacco cessation program can help you develop a personal plan to become and remain tobacco-free. Choose from two convenient options – a telephone program featuring a dedicated wellness coach or online for a personalized program – or use both. You may also be eligible for free over-the-counter nicotine replacement therapy to help you quit.\*

\*Depending on plan purchased.



This information is for educational purposes only. It is not intended as medical advice or to be a substitute for proper medical care provided by a physician. Do not rely on this information for self-diagnosis. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

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