

# You can be smoke-free and stay that way



## Say goodbye to smoking

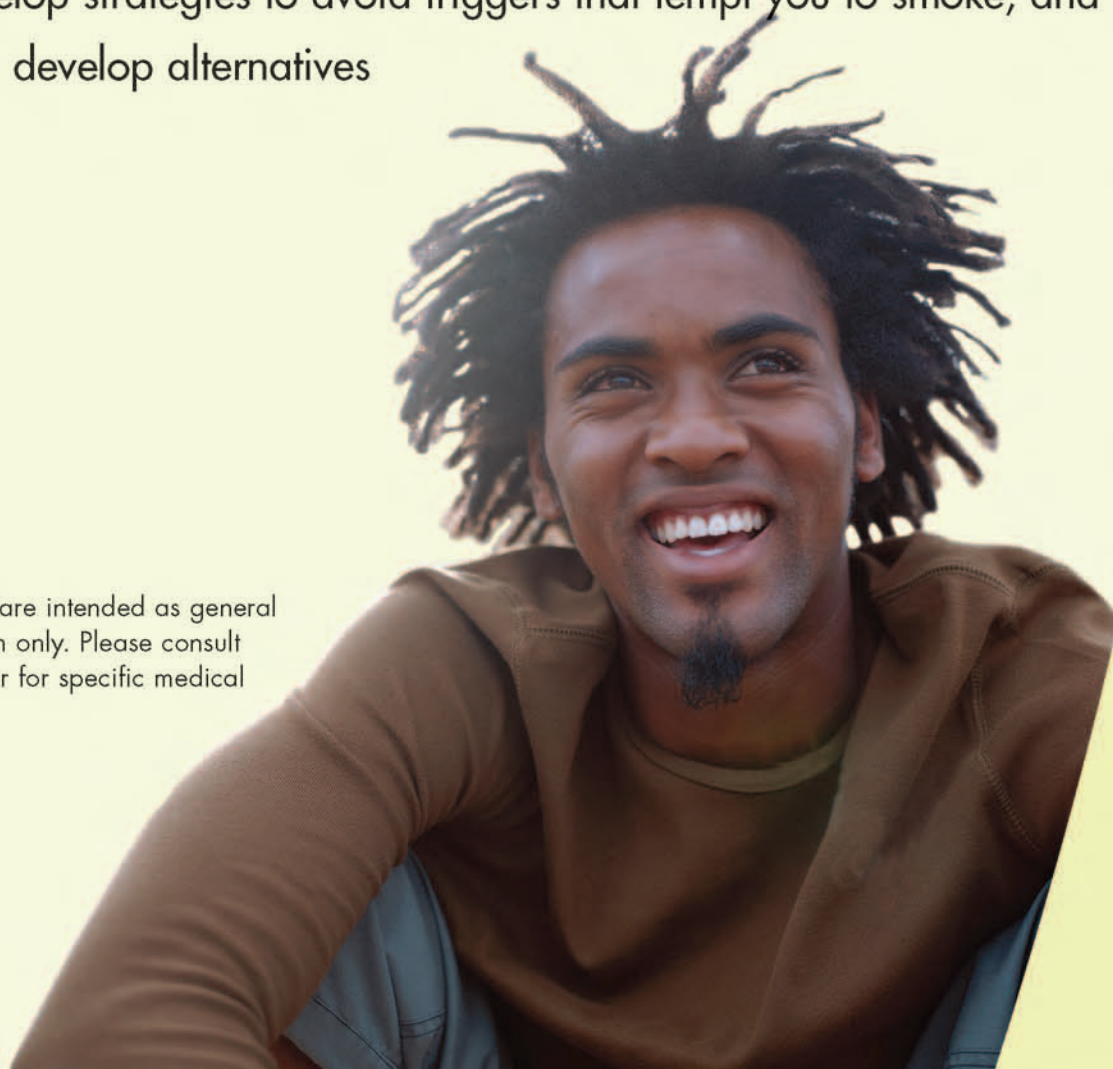
### Benefits of Quitting:

- Healthier lungs and reduced risk of heart disease and certain cancers
- Increased fertility and lowered risk of miscarriage
- Stronger sense of taste and smell

### Ready to stop smoking and start living a healthier life?

- Talk to someone who supports your decision to quit
- If withdrawal causes irritability, try using relaxation techniques, exercising regularly and avoiding stressful situations
- Fight possible insomnia by avoiding caffeine or other stimulants, and by having a relaxing bedtime routine
- Wait out cravings and use distractions
- If your appetite increases, eat healthy snacks and drink more water
- Develop strategies to avoid triggers that tempt you to smoke, and then develop alternatives

These tips are intended as general information only. Please consult your doctor for specific medical advice.



Visit Blue Access® for Members at [www.bcbstx.com/hs](http://www.bcbstx.com/hs) for more information on how to quit smoking.



**BlueCross BlueShield  
of Texas**

47167.0907TX