



BlueResource<sup>SM</sup> – Healthy Lifestyle – Living Smoke-Free

# You're Ready to Become a Non-Smoker

Being ready to quit will help you succeed. When that day comes, here are some tips to help stay strong.

**Tap into your inspirations.** Remember all the reasons you want to quit. Maybe you want to feel healthier, spend more years with family and friends, or save money for vacation.

**Make a plan.** Pick a quit date and stick to it. Toss out all cigarettes, matches, lighters and ashtrays, then avoid the places and things that make you feel like smoking.

**Call in backup.** Share the news with people around you. Family, friends and coworkers can offer encouragement and moral support every step of the way.

**Be good to yourself.** Celebrate important milestones. Reward yourself for your first day, first week and first month without a cigarette with a smoke-free treat.



Discover how good life can be without tobacco.

Source: *Build Your Quit Plan*. Centers for Disease Control and Prevention. 2020.

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