

The four D's to ease cravings

1. **Delay** - Wait out the urge to smoke. It will pass in a few minutes.
2. **Deep Breathing** - Breathe in slowly and as deeply as you can, and then breathe out slowly. Repeat this 5 times.
3. **Drink Water** - Sip the water slowly and hold it in your mouth a little while.
4. **Distract** - Do something that takes your mind off of smoking for a few minutes.



Quitting smoking will:

- ❑ Improve the quality of your life
- ❑ Make climbing stairs easier
- ❑ Lower your risk of diabetes
- ❑ Help wounds to heal more quickly
- ❑ Reduce the amount needed of some medications, including some psychiatric medications
- ❑ Improve the health of your family and friends
- ❑ Set a good example for your children
- ❑ Save you money
- ❑ Provide more employment options

UMass Locations

These locations offer in-person individualized treatment to support you being tobacco-free:

- ❑ Hahnemann Family Health Center / Outpatient Psychiatry:
Tuesday 8am-5pm
Thursdays 1pm-4:30pm
- ❑ Adult Primary Care – University Campus:
Wednesday 8am – 12noon
- ❑ Ambulatory Cardiology Clinic, ACC:
Wednesday's 12noon to 4:30pm
- ❑ Women's Center at Memorial Campus:
Thursdays 8am – 12noon
- ❑ Surgery Clinic – University Campus:
Friday 12noon – 4pm

These Insurances are covered:

Admar PPO	MBHP
Aetna US Healthcare	MultiPlan PPO
BCE Emergis	Northeast Health Direct
Blue Cross Blue Shield, MA (HMO, PPO, and Indemnity plans only)	Northeast Healthcare Alliance, LLC
Cigna Behavioral Health	One Health Plan
Colonial Cooperative Care	Private Health Care Systems
Consolidated Health Plan	Tufts Health Plan
Fallon Direct, and Select	Tufts Public Plans (aka Network Health)
First Health (HCVM)	Unicare PPO
General Electric	United Behavioral Health (aka Optum)
Health New England	United Student Ins.



Ambulatory Psychiatry Smoking Cessation Resource Guide



Become tobacco-free today!

Quitting smoking can be hard, but there are ways to make it easier.

Using quit-smoking medicines and counseling support can make you *more than twice as likely* to quit for good!

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How do I talk with my providers about becoming tobacco-free?

Many people don't know what to ask or where to start. Here are some tips to make the conversation a little bit easier.

- ❑ Write down questions you have for your doctor regarding quitting smoking.
- ❑ Think about your past quit attempts and why you think they did not work.
- ❑ Tell your doctor you are ready to quit and why.
- ❑ Pick a quit date and share that date with your doctor.
- ❑ Talk to your doctor about a quit plan, including which medicine or medicine combinations may be right for you.
- ❑ Ask for help!

FDA approved quit smoking medicines:

Medication	Availability
Nicotine Patch	Over-the-Counter
Nicotine Gum	Over-the-Counter
Nicotine Lozenge	Over-the-Counter
Nicotine Inhaler	Prescription
Nicotine Nasal Spray	Prescription
Zyban	Prescription
Chantix	Prescription

How do I find out what kind of benefits I have?

Many health insurance plans help cover the cost of counseling support and medicines to help you quit smoking. Some health plans cover more than others. To find out what kind of benefits you have, call the customer information phone number listed on the back of your health plan card.

Quit smoking mobile apps:

Visit the websites below for more information and to sign up.



- ❑ Text2Quit
www.text2quit.com
- ❑ Smokefree TXT
www.smokefree.gov/smokefreetxt/
- ❑ MyQuit Coach
www.livestrong.com/quit-smoking-app/
- ❑ Craving to Quit
www.cravingtoquit.com

Websites with helpful quit smoking information:

- ❑ Make Smoking History
www.makesmokinghistory.org
- ❑ Quit Net
<http://meyouhealth.com/quitnet>
- ❑ Become An Ex
www.becomeanex.org

Call these resources to help you become tobacco-free today!

Free Phone Counseling and Support

Services are available to all MA residents.

1-800-Quit-Now (1-800-784-8669)

TTY: 1-800-833-1477

Quit Tips Line: 1-800-943-8284

Individual Counseling

- Call for more information.
- Quit-smoking medications may be offered.

UMASS Memorial Medical Center-
Call 508-334-5393 or 508-334-3452

Many health insurance plans accepted and others are being applied for.

Education and Support Meetings:

Genesis Club
508-831-0100
Services are available to club members.

Nicotine Anonymous
www.nicotine-anonymous.org
Internet, telephone and in-person meetings are open to all.