



TRICARE Can Help You Quit Tobacco



TRICARE TIPS FOR HEALTHY LIVING
IN SUPPORT OF OPERATION LIVE WELL



Smoking: What's The Big Deal?

- Cigarette smoking is the #1 preventable cause of death in the U.S.
- Half of those who continue to smoke will die from smoking-related illnesses.
- Smoking impairs your sense of smell and taste and increase your risks of developing cancer.



E-Cigarettes are Better, Right?

- Wrong.
- Many health experts have sounded alarms about e-cigarettes, calling for more study and control.
 - Research shows e-cigarettes may contain toxic chemicals and potentially harmful nanoparticles with formaldehyde, benzene, and other carcinogens in their vapors (DHHS, 2013).



Benefits of Quitting

- When you quit smoking, the benefits are nearly immediate:
 - 20 minutes after quitting, your blood pressure decreases
 - 8 hours after quitting, your carbon monoxide levels return to normal and mucus clears from the lungs



Quit Tobacco and Save Money

- On average, a pack of cigarettes cost \$4.00-\$6.00. That's \$1,750-\$3,670 per year.
- Use UCanQuit2.org's [Savings Calculator](#) to find out how much you can save by quitting.



The DoD Wants You to Quit

- Quit Tobacco is an educational campaign for the U.S. military, sponsored by the Department of Defense.
- The Quit Tobacco website - UCanQuit2.org - has tools to help you quit, including:
 - Live Chat available 24/7
 - SmokefreeMIL text message support
 - Ready2Quit interactive quit plan

www.ucanquit2.org

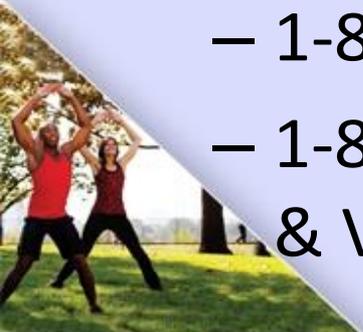
TRICARE Can Help You Quit

- Tobacco cessation medication is available at no cost through Military Treatment Facility pharmacies and home delivery.
- Face-to-face individual and group tobacco cessation counseling is covered.
 - Visit tricare.mil/tobaccocessation for details and restrictions



Help is Just a Call Away

- A non-medical toll-free quit line is available seven days a week, 24 hours a day.
 - 1-866-459-8766 (North - HealthNet Federal Services)
 - 1-877-414-9949 (South - Humana Military)
 - 1-888-713-4597 (West - UnitedHealthcare Military & Veterans)



1-844-I-AM-FREE

- A Smoking Quitline Open to Army, Navy, Air Force, Marines, Active Duty, Dependents and Retirees (Tricare Beneficiaries).
 - A partnership between the United States Air Force and the University of Tennessee Health Science Center, The Freedom Smoking Quitline, UTHSC Center for Population Sciences, Department of Preventive Medicine

www.freedomquitline.org

1-844-426-3733

The Great American Smokeout

- The Great American Smokeout is the third Thursday of November. This event encourages smokers to use this date to be tobacco-free.

A promotional banner for the Great American Smokeout 2015. It features a white background with a grey gradient at the bottom. On the right side, there is a graphic of a lit cigarette with a flame and a glowing orange circle with a grid pattern. On the left side, there is a small image of two people exercising outdoors. The text "November 19, 2015" is written in a grey font, and "The Great American Smokeout 2015" is written in a larger, bold, grey font.

November 19, 2015

The Great American Smokeout 2015



Quit For Those Who Love You

- Secondhand smoke exposure can impair a child's ability to learn and can result in an increased risk for ear infections and lung diseases.
- Pets in smoking households have a 60 percent higher risk of developing lung cancer.

[Secondhand Smoke \(SHS\) Facts](#) (CDC)



Resources

- TRICARE.mil provides information about the TRICARE benefit. Whether beneficiaries are looking for specific benefit information or tips to live well, it is available online.
- The Military Health System's campaign, Operation Live Well, is focused on leading a physically, mentally, socially and spiritually healthy lifestyle throughout the military community, during the holidays and all year long.

www.tricare.mil/livewell

www.health.mil/olw