



Want to Quit Smoking?

Quitting smoking is one of the most important steps you can take to improve your health. Each year, nearly half a million U.S. adults, including those exposed to secondhand smoke, die early from smoking-related disease.

Three Good Reasons to Quit Smoking

1. Quitting smoking improves your physical health and reduces your risk of heart disease, cancer, and many other conditions.
2. Quitting smoking can save you on healthcare costs each year.
3. Quitting smoking can improve your mental well-being. It can reduce depression, anxiety, and improve your overall quality of life.

How to Quit Smoking?

There are many ways to help you quit smoking.

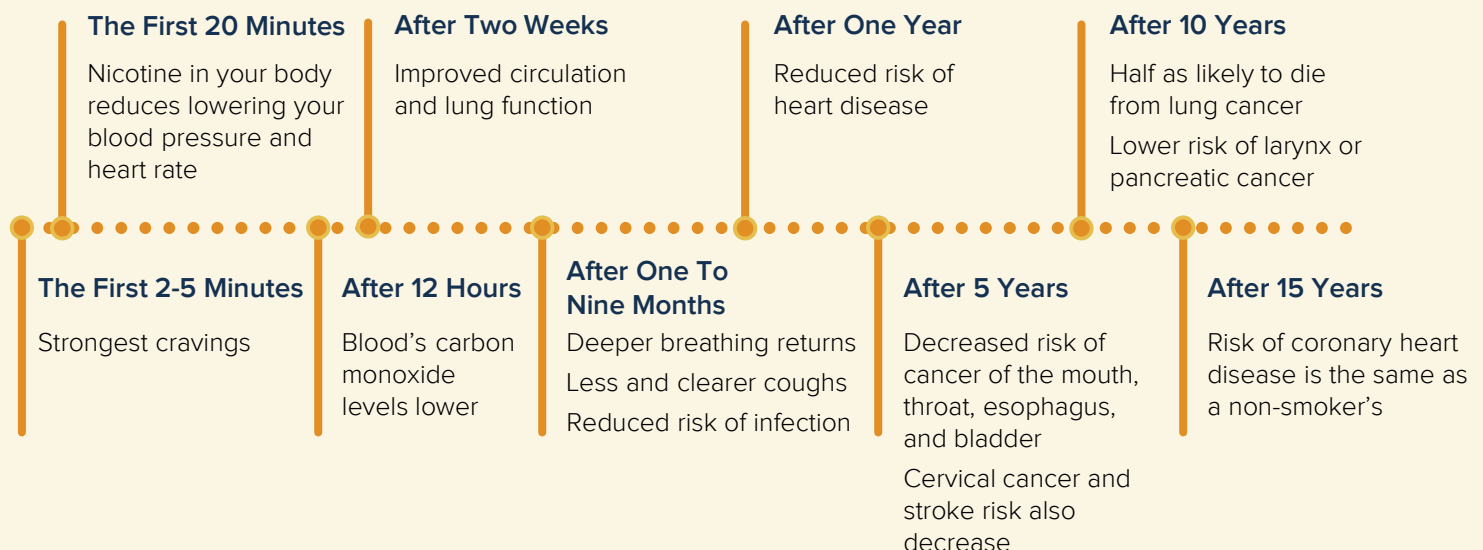
- ✓ Create a plan for managing your cravings
- ✓ Find social support
- ✓ Counseling or coaching
- ✓ Medication can help. Ask your doctor if using medication to quit smoking is right or you

For information about quitting smoking, visit **CDC.gov/quit**.

*These guidelines are provided by Center for Disease Control And Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

Remember, even if you've tried to stop smoking before, the key to success is to keep trying and not give up. More than half of U.S. adults who have a history of smoking have successfully quit!

What To Expect When You Quit*



Visit accessrga.com to log in to your RGA account or if you have any questions, contact our Customer Care Team using the number on the back of your Member ID card.

Content sourced from the Center for Disease Control and Prevention (CDC) <https://www.cdc.gov/asthma/>