

# THINKING ABOUT QUITTING SMOKING?

## INCREASE YOUR ODDS OF SUCCESS.



Most smokers quit many times before they ultimately become "ex-smokers". Only about 4% to 7% of people are able to quit on any given attempt without medicines or other help. Studies in medical journals show that between 25% and 33% of smokers using medication can stay smoke free for over 6 months. Best results are obtained when medications are used in conjunction with some type of counseling or class followed by a "staying smoke free" plan. There are many resources available. Keep trying until you find the combination that works for you!



**Individual consultations** (four free, confidential sessions) are available using your **Employee Assistance Program**. Call 1-800-343-2186 or 954-847-4327 to find a counselor near you who specializes in stress management, motivation for change, health issues, habit change, hypnosis and more.



**Group classes** are available at Broward Health locations. These six-week, free, quit-smoking classes are hosted by the **BGMC Wellness Center**. Contact 954-759-7400 to register or 954-355-4499 for more information about the programs.



**Florida Quit-for-Life-Line, 1-877-U-CAN NOW**. Twenty-four hours a day, seven days a week, you can access free individual counseling with experts by phone. For more information visit [www.flquitline.com](http://www.flquitline.com) or just call now to get started!



**You Can Quit Smoking Now** at [www.smokefree.gov](http://www.smokefree.gov), is an online quitting guide that offers downloadable materials and tools as well as consultation with experts via instant messaging and phone support.



**Freedom from Smoking Online** - [www.ffsonline.org](http://www.ffsonline.org) - from the **American Lung Association**. The FFS Online self-study modules do not begin with quitting. The program takes you through several lessons first, ensuring that solid information about preparing to quit is given before Quit Day. Go ahead and progress through the lessons and modules until you complete the entire program. Afterwards a relapse prevention program - "Staying Smoke Free" - is also available. FFS Online can be accessed day or night, seven days a week, on any schedule you choose.



Check out our own **Broward Health websites**, [browardhealth.org/healthlibrary](http://browardhealth.org/healthlibrary) for articles about many aspects of tobacco use (smoke free tobacco products, smoking and pregnancy, teens and tobacco), or [browardhealth.org/bgwellness](http://browardhealth.org/bgwellness) for interactive quizzes, cost calculators and more.



**Speak with your physician** about **prescription medications** (Chantix, Zyban, Nicotrol inhalers, and nasal sprays) that are covered by Broward Health employee health insurance, and which may increase your chances for successfully quitting.



You can also talk with your physician to see if you can safely use **nicotine replacements** (patches, gum, and lozenges) which can be purchased **over-the-counter** at most pharmacies. You may be eligible for some of these tools free through the **Florida-Quit-for-Life-Line** or the **BGMC Wellness Center's** program (see above listings for contact information).

**No matter what might work best for you, your EAP can direct you to the best tips and resources out there. Give us a call at 954-847-4327 to discuss your choices.**