



## THINKING ABOUT QUITTING?

We are here to support you throughout the process as you learn ways to quit tobacco and to stay tobacco free.

### The Help You Need to be Tobacco Free

As a Blue Cross of Idaho member, you are eligible to participate in our Tobacco Cessation Program. The program offers two ways to help you quit:

1. Online cessation workshops
2. Products to help you quit

### Quit Aids to Help You

Tobacco cessation products can be used to help adults quit tobacco use in order to prevent health problems.

These include over the counter quit aids like patches, gum and lozenges and tobacco cessation drugs that can be prescribed by a doctor.

Contact Customer Service at 800.627.1188 to learn more!

### Online Workshops

- Log in at [members.bcidaho.com](https://members.bcidaho.com)
- Select the **WellConnected GO** button
- Select the Wellness tab then **Wellness Workshops**
- Select the **12 Week Tobacco Cessation Workshop**

### Health Benefits of Quitting

- Reduced risk for disease and early death. While the health benefits are greater for people who stop at earlier ages, there are benefits at any age. You are never too old to quit.
- Lowered risk of lung cancer and many other types of cancer.
- Reduced risk of heart disease, stroke and peripheral vascular disease (narrowing of the blood vessels outside your heart).

*Source: [cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting)*

“Yesterday marked day 500 for me to be smoke free. I only track now to brag! I have more energy, more money (that’s not going toward cigarettes) and a better life!”

Start quitting today! Call Blue Cross of Idaho’s Customer Service department at 800.627.1188 or visit [members.bcidaho.com](https://members.bcidaho.com).