




# What You Should Know About: Smoking and How You Can Quit

## Be Your Own Health Advocate!

Use your Medicaid benefits to help you stay healthy.

 **If you have questions about using your benefits, call the phone number listed on your Medicaid card.**

## The NYS Smokers' Quitline can help you stop smoking.

- The Quitline is a free and confidential program.
- It provides coaching, tips, and tools for New Yorkers who want to stop smoking or using other forms of tobacco.
- To learn more, call 1-866-NY-QUITS (1-866-697-8487) or visit their website, [www.nysmokefree.com](http://www.nysmokefree.com)

For more information about smoking and how to quit, visit [www.health.ny.gov/prevention/tobacco\\_control/campaign/quit\\_smoking](http://www.health.ny.gov/prevention/tobacco_control/campaign/quit_smoking)

## Smoking Is a Dangerous Addiction

### Did you know...?

- Tobacco products, e-cigarettes, and vaping products all contain nicotine. Nicotine is a highly addictive and dangerous drug.
- Smoking is a leading cause of preventable deaths in the United States.<sup>1</sup>
- Smoking causes many diseases. It causes 16 types of cancer, heart disease, stroke, chronic obstructive pulmonary disease (COPD), eye problems, Type 2 diabetes, and rheumatoid arthritis.<sup>2</sup>
- One of the most important actions you can take to improve your health is to quit smoking. This is true no matter how old you are or how long you have smoked.<sup>3</sup>
- Quitting smoking also protects your family and friends from breathing harmful secondhand smoke, which can cause disease and death.

## How to Quit Smoking

- Get medical help to break your addiction. Treatment from your health care provider is proven to help you quit for good.<sup>4</sup>
- Remember that vaping is not proven to be safer than smoking. Vaping is a dangerous addiction. The U.S. Food and Drug Administration (FDA) has not approved vaping as a way to stop smoking.
- Use your health plan benefits to help you quit. There are many quitting methods that are FDA approved and covered by Medicaid.
- Don't give up! Quitting may be hard, but you can do it. People have successfully quit smoking and you can, too.

## What does Medicaid cover?



**Medical visits**, so you can talk with your health care provider and make a quitting plan together.



FDA approved quit smoking **medications** (patch, gum, lozenge, inhaler, nasal spray, and pills).



**Counseling** to help you quit. Medicaid covers as many quit smoking counseling sessions as you need.

You can get counseling from many types of health care providers including doctors, nurses, midwives, dental professionals, psychologists, and social workers.



**Repeated treatment** from your health care provider, in case it takes you more than one try to quit.



Counseling and medication to **help you quit vaping or using e-cigarettes.**

<sup>1,2</sup> [https://www.health.ny.gov/prevention/tobacco\\_control/](https://www.health.ny.gov/prevention/tobacco_control/)

<sup>3</sup> [https://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/benefits/](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/)

<sup>4</sup> [https://www.health.ny.gov/prevention/tobacco\\_control/campaign/quit\\_smoking/quit.htm](https://www.health.ny.gov/prevention/tobacco_control/campaign/quit_smoking/quit.htm)