

# Health Tips

Make Health Happen

TOBACCO USE –  
REASONS TO QUIT

[www.anthem.com/inmedicaid](http://www.anthem.com/inmedicaid)

Thinking about trying to quit smoking? That's a great idea – for a lot of reasons.

## Don't let your health go up in smoke

Smoking or chewing tobacco can affect your health in many ways. Check any problems you have had that may be related to smoking:

- Coughing and breathing problems, like asthma and bronchitis
- Mouth cancer, throat cancer or lung cancer
- Heart problems
- High blood pressure
- Bad breath
- Problems with taste or smell
- Yellow teeth and fingernails
- Wrinkles around the mouth

How else has smoking affected you? You may want to add some to the list:

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## Do you know how much you spend on cigarettes?

Smoking is expensive. This chart will give you an idea of how much it costs you each year:

Smoking is expensive. This chart will give you an idea of how much it costs you each year:	It will cost you this much every year...
½ of a pack	\$1,066
1 pack	\$2,011
2 packs	\$4,022

Based on a price of \$5.51 per pack [source: smokefree.gov]

What other things would you rather spend that money on? Write them down here:

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## Why should I quit?

Check the reasons you may have for trying to quit:

- I want to breathe easier and cough less
- I want to have more energy
- I want to save money
- I want a healthier heart and lungs
- I want to taste and smell foods better
- I don't want to expose others to secondhand smoke

Add your own reasons:

1. 

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2. 

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Quitting smoking is one of the best things you can do for your health. And remember, there are lots of people and resources to help you, including:

## Think about quitting for good!

Reach out to the IN Tobacco Free Quitline:  
(1-800-QUIT-NOW (1-800-784-8669)).



Serving Hoosier Healthwise,  
Healthy Indiana Plan and Hoosier Care Connect

## Helpful phone numbers for Anthem Blue Cross and Blue Shield members only

### Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131
- Hoosier Care Connect - 1-844-284-1797
- TTY: 711

Call for free translation/Llame para una traducción sin costo:  
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);  
1-844-284-1797 (Hoosier Care Connect); TTY 711.