

Stop Smoking

Now!

Save your breath.
Save your money.
Save your life.



For help with this information, call our 24-hour helpline.
Si necesita ayuda con esta información, llámenos a nuestra línea de ayuda disponible las 24 horas.

Nếu cần giúp đỡ về thông tin này, hãy gọi số điện thoại trực 24-giờ sau đây của chúng tôi.

Если вам нужна помощь относительно этой информации, звоните в нашу круглосуточную справочную службу.

如果對這訊息有疑問，請致電我們的24小時幫助熱線。

ដើម្បីជាជំនួយ ឥទ្ធលបានព័ត៌មាននេះ សូមទំនាក់ទំនងទូរស័ព្ទដែលមានបំរើការ ២៤ម៉ោង តាមរយៈលេខ :

KidzPartners

1-888-888-1211 • 215-967-4540
(TTY 1-877-454-8477 • 215-849-1579)

Health Partners

1-800-553-0784 • 215-849-9600
(TTY 1-877-454-8477 • 215-849-1579)



Pennsylvania's Children's Health Insurance Program
We Cover All Kids.

www.chipcoverspakids.com

KidzPARTNERS
HEALTH PARTNERS' Plan for Children

www.kidzpartners.com

HP HEALTH PARTNERS

In Wellness and Health, Partners for Life.

www.healthpart.com

901 Market Street, Suite 500
Philadelphia, PA 19107

Healthier YOU!

Health Partners Programs for Healthy Living

Smoking Stinks. It's not cool. Did you know that:

- **Smoking wastes your money.** If you smoke a pack a day, you'll spend over \$2,000 by the end of the year!
- **Smoking causes serious health problems.** It lowers the oxygen that moves through your bloodstream, which leads to high blood pressure, asthma, heart and lung diseases, and diabetes complications.
- **Smoking hurts** you and everyone else around you.
- **Smoking causes wrinkles. It makes you pant and wheeze. And, it stinks. Not very attractive!!**
- **Second-hand smoke harms everyone around you,** especially children. They have a higher risk of asthma, ear infections and other problems.
- **Smoking lessens your ability to taste and smell.** Your favorite meals taste like ashes.

Plus, when pregnant moms smoke, so do their babies. If you smoke while you're pregnant, your baby breathes in dangerous chemicals that can lead to babies being born too small or too early and an increased risk of Sudden Infant Death Syndrome (SIDS).



What Can You Do?

Talk to your doctor about quitting. Your doctor knows your health history and may offer counseling or give you a prescription for stop smoking aids if they are appropriate for you!



Let Us Help

We have five (5) certified quit-smoking counselors to help you kick the habit. Through one-on-one telephone outreach, our quit-smoking counselors will provide you with the information, encouragement and support you need to go smoke free.

All Health Partners and KidzPartners members who are enrolled in the Healthier YOU Care Management or Baby Partners programs are eligible for quit smoking counseling. Get started today by calling our Healthier YOU Care Management line at 215-991-4252 or the Baby Partners line (for members who are pregnant) at 215-991-4182. (TTY 1-877-454-8477 or 215-849-1579).

Additional Resources

- Pennsylvania Department of Health Quit Line — 1-800-QUIT-NOW
- American Lung Association Help Line — 1-800-LUNG-USA
- Freedom from Smoking Online Quit Tool (Free) — www.ffsomnline.org

Remember, you can stop today! You'll feel better, look better, live longer and keep everyone around you healthier, too!!