



Your life and your money
don't have to go up in smoke.

Your doctor can help you save both.

Do you smoke or chew tobacco?

Would you like to quit?

If so, please see your doctor. The two of you can create a quit plan based on your lifestyle and tobacco habits.

Your doctor can tell you:

- How you can lessen the effects of nicotine withdrawal.
- Whether or not a nicotine patch or gum is right for you. (Many of these over-the-counter therapies are a covered benefit for current MDwise Hoosier Alliance members.)
- How you can manage your weight while you kick the habit.
- What other help is available, including local support groups and 1-800-QUIT-NOW.

Remember:

- You don't have to raise your risk of cancer, heart disease or stroke.
- You don't have to harm your baby's health if you're pregnant.
- You don't have to spend \$2,000 or more a year on tobacco.*

Please call your doctor.
Set up a tobacco quit visit today.

or

**You can also call the coaches at Indiana's free
tobacco quitline, 1-800-QUIT-NOW.**

Si necesita esta información en español por favor llame al
800-356-1204 o al 317-630-2831.

*Based on buying one pack of cigarettes each day for one year at the national average price of about \$5.51 per pack.

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FIRST CLASS
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