



THE SMOKE STOPS HERE

Let us help you live tobacco-free

If you're ready to let go of your tobacco habit, Cigna has a wide variety of online tools and personal coaching that will not only help you reach your goal, but also help you develop and maintain a healthy lifestyle.

Why quit?

You probably already know that smoking is bad for your health and that quitting will reduce your risk of getting a disease related to smoking, such as heart or lung disease. But did you also know that:

Immediate benefits¹

Heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.

- › **Within a few hours after quitting**, the carbon monoxide level in your blood drops to normal. (Carbon monoxide reduces the blood's ability to carry oxygen.)
- › **Within a few weeks of quitting**, you might notice it's easier to walk up the stairs because you may be less short of breath. Cilia – tiny broom-like hairs that clean your lungs – start to regrow and regain normal function very quickly after you quit smoking.

- › **Within several months** of quitting, people can expect substantial improvements in lung function.

Long-term benefits¹

- › **Quitting reduces the risk of cancer**, heart disease and Chronic Obstructive Pulmonary Disease (COPD).
- › **Regardless of age, you are less likely to die from a smoking-related illness**, than those who continue to smoke.

Together, all the way.®



Tobacco Cessation Coaching²

Get the help you need to finally quit tobacco. Create a personal quit plan with a realistic quit date. And, get the support you need to kick the habit for good. You'll even get free over-the-counter nicotine replacement therapy (patch or gum).

Register today

You can register on the **myCignaSM website** or **through the app**.



Health Assessment

Taking the health assessment and identifying yourself as a tobacco user puts you in touch with:

- › **News and articles** on smoking health and winning strategies for quitting.
- › **Ways to set goals** – like trying smoke-free nicotine patches or gums every day for a week to curb nicotine cravings.

To get started go to **myCigna.com** or **the app** to take your health assessment.



Education and support

If you're ready to quit, **myCigna.com** or **the app** can help you get started:

- › **Information on quitting tobacco use**, including the benefits of living tobacco-free, and tips for coping with cravings and dealing with side effects like weight gain.
- › **Interactive tools** that can help you decide if you're ready to quit, and demonstrate the financial benefits of a smoke-free life.
- › **Videos** to help you take the necessary steps and kick your habit once and for all.

To learn more about Cigna's tobacco cessation tools – and other services to help you tackle issues like weight and stress – talk with your employer, **myCigna.com** or **the app** or call the number on the back of your Cigna ID card.

1. <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cessation-fact-sheet#q7>

2. Ask your employer if coaching is included as part of your health plan.

This information is for educational purposes only. It is not medical advice. Always consult with your doctor for appropriate examinations, treatment, testing, and care recommendations.

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