



## Quit Smoking Support Program

Are you ready to quit smoking? Imperial Health Plan of California, Inc. (HMO) (HMO SNP) is here to help you take that big first step! Quitting can be tough, but with the right tools and support, you can succeed.

### Did You Know?

- Smoking increases the risk of death for both men and women.
- Smokers have a higher chance of getting heart disease, stroke, and lung cancer.
- Smoking harms every part of your body, lowering your health and quality of life.

### Why Quit?

- Lowers your risk of cancer over time.
- Reduces your chances of diabetes and improves heart and lung health.
- Prevent further lung damage and helps you breathe better during daily activities of living.
- Improves your dental health and reduces gum disease.

### How Do I Become Eligible?

You may qualify if:

- You've reported smoking on your health check-up or health risk assessment and have other conditions such as Chronic Obstructive Pulmonary Disease (COPD), Congestive Heart Failure (CHF), Coronary Artery Disease (CAD), high blood pressure (Hypertension), Diabetes Mellitus, or tobacco-related cancer.
- You have a diagnosis of tobacco use disorder
- Your medical or pharmacy history shows signs of tobacco use.

### How to Use the Program and What's Included

You'll receive support and coaching to help you quit smoking. This includes:

- Behavioral and lifestyle coaching from a Behavioral Case Manager.
- Referrals to smoking cessation counselors.
- Educational tools and materials to help you quit.
- Text message reminders and check-ins to keep you on track.



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- One-on-one discussions with a Behavioral Life Coach to create and adjust your quit plan.
- Help with smoking cessation medications, if needed.

### Ready to Quit?

To opt-in to the program, call us at **(626) 788-0178** Monday–Friday, 8:30am to 5pm and ask to speak to a Pharmacy Technician, from the Population Health and Pharmacy Services Team.

### Additional Resources

- Visit [smokefree.gov](http://smokefree.gov) for helpful tools.
- Call **800-784-8669** to talk to a counselor in your state. Help is available in multiple languages.
- California Smokers' Helpline, <https://www.nobutts.org/quitkit> for assistance with coaching and nicotine replacement therapy.

Let's work together to help you live a smoke-free life!

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