



Be a Quitter!

Start Today

The American Cancer Society offers these strategic steps to becoming smoke-free:

S = Set a quit date.

T = Tell family, friends and co-workers that you plan to quit.

A = Anticipate and plan for challenges you'll face.

R = Remove cigarettes and reminders from your home, car and work.

T = Talk to your doctor about nicotine replacement therapies and medications.

If your cravings are triggered by stress, take steps to manage your stress.

**For tips, tools and support, contact your ComPsych® HealthyGuidance® program.
It's free and completely confidential.**

Here when you need us.

Call: 866.974.7366

TTY: 800.697.0353

Online: [guidanceresources.com](https://www.guidanceresources.com)

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