

Another reason quitting is hard is because it becomes a habit. A habit is something you do without thinking about it, like smoking when you have your morning coffee.

You may need to change your daily routine to break your smoking habit.

List the changes you will make here:

Example: I will drink tea instead of coffee in the morning.

1

2



Know Your Triggers

Think about what things make you more likely to smoke

Emotional Triggers

- Stress
- Happiness
- Anxiety
- Anger
- Loneliness
- Boredom

Everyday Triggers

- Waking up in the morning
- Taking a break
- Drinking coffee
- Finishing a meal
- Watching TV

Social Triggers

- Drinking alcohol at a party or bar
- Seeing someone smoke
- Smelling cigarette smoke
- Being offered a cigarette



As an L.A. Care member you have access to free health workshops. Call **1.888.839.9909** (TTY/TDD **1.866.522.2731**) to learn more about L.A. Care's Health in Motion™ program.



L.A. Care members can also talk to a nurse 24 hours a day, 7 days a week, at no cost to you. The Nurse Advice Line phone number is listed on your health plan ID card.



L.A. Care offers free health classes in the community at our Community Resource Centers. For a location near you call **1.877.287.6290**.

You can request this material in your preferred language, call L.A. Care member services.

L.A. Care Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees.



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Health in Motion™



Live Smoke Free...
One day at a time



The key to quitting is to have a plan.

Knowing your reasons why you want to quit can help keep you motivated.

Set a quit date. Pick a day that has meaning to you.

My Quit Date: _____

I will plan for my quit day by:

- Throwing away all my cigarettes, lighters and ashtrays in my home
- Tell at least three people who will support me quitting
- Ask my doctor about over the counter medications to quit smoking
- Calling Kick it California. A free program that can help me quit smoking. I will call **1.800.300.8086** or go to **kickitca.org**



On your quit day be ready to do something else when you want to smoke.

Instead of smoking I will:

- Get some exercise
- Drink a glass of water
- Take 10 deep breaths
- Text or talk with a friend or family member who supports me quitting smoking
- Call Kick it California to talk to a counselor
- Read my list of reasons for quitting



Lots of good things happen when you quit smoking. You will:

- ✓ Feel better
- ✓ Breathe easier
- ✓ Lower risk of cancer
- ✓ Stronger muscles and bones
- ✓ A clean and healthy mouth
- ✓ Not expose loved ones to secondhand smoke

One of the best things about quitting is you save money.

A pack-a-day smoker can save over \$2,200 from quitting for one year. What else could you do with this money?

How will I spend the money I save:

Quitting smoking can be hard. Having a plan makes it a bit easier. Think about why you want to quit. Be as specific as you can.

Good: I want to quit to set a good example.

Better: I want to quit to live a long and healthy life.

My reasons for quitting:

① _____

② _____

