

Smoking and Vaping

SAN FRANCISCO
HEALTH PLAN



Here for you

Smoking and vaping (also called e-cigarettes or e-cigs) can lead to tobacco and nicotine dependence, and serious health problems.

Smoking less will help you live a healthier and longer life. Quitting smoking and vaping greatly lowers the risk of heart disease, blood vessel disease, lung problems, cancer, and stroke. You can also save money, gain more energy, and help keep your loved ones from second-hand smoke.

There are helpful resources and treatments for quitting. You can get services to help quit at no cost through Medi-Cal. Talk with your Primary Care Provider* (PCP) about quitting or smoking less.

**Your Primary Care Provider is the doctor, physician assistant, or nurse practitioner in charge of your health care.*



Help You Can Get



Medicine – Your PCP can prescribe you Nicotine Replacement Therapy (NRT) that you can pick up at a pharmacy. You can get NRT at no cost through Medi-Cal. NRT can be in the form of gum, patches, lozenges, spray, or an inhaler.



Counseling – You can get up to 8 sessions per year of counseling at no cost through Medi-Cal. Sessions can be by yourself, with a group, or over the phone. Talk with your PCP about signing up.



Phone coaching – Call Kick It California at **1(800) 300-8086** for free help with quitting. Their coaches are experts at helping people with the process. You can get a coach that speaks your language. Visit **kickitca.org** for more info.



Text message program – Text QUIT SMOKING or QUIT VAPING to **66819** for tips and 24/7 support. For teens ages 13 to 17, the **SmokefreeTXT** program offers daily support to quit smoking. Text QUIT to **47848**.



Free apps – Get 24/7 help on your smart phone with apps like QuitGuide or quitSTART. They give you help based on your smoking patterns, moods, motivations to quit, and goals. Learn more at **smokefree.gov**.



Amazon Alexa – Say “Alexa, open Stop Smoking/Stop Vaping.” This program led by the School of Medicine at UC San Diego will give you the “Stop Vaping Coach” skill on Alexa. You can get quit vaping tips which can be helpful to have for times when quitting gets tough. You can also sign up to speak with a Kick It California Quit Coach.



Support from family and friends – Tell your loved ones about your plan to quit. Ask for their help and support. Team up with a friend or partner to quit with you.











For more information call Customer Service at **1(415) 547-7800** or visit **sfhp.org/health-ed**

24/7 Nurse Advice Line **1(877) 977-3397** | Talk to a doctor 24/7 **sfhp.org/teladoc**



Health Benefits of Quitting

Quitting smoking or vaping can be hard, especially the first week. But people can quit smoking for good and the benefits pile up fast! When you quit smoking, your body is still able to heal itself. In fact, healing can happen fast.

Time After Smoking		How Your Body Heals
In 20 minutes		Your heart rate and blood pressure drop.
In 12 hours		Your blood can carry more oxygen.
In 3 days		Your body will be free of nicotine.
Within 1 week		Withdrawal symptoms like headaches, mood swings, and increased hunger will lower or go away completely.
In 2 weeks to 3 months		Your lungs and circulatory system (that pumps blood from the heart to the lungs for oxygen) gets better.
In 1 to 12 months		Coughing and shortness of breath decrease. Your lungs can clean themselves better and it lowers the risk of infection.
In 1 to 2 years		Your heart attack risk drops.
In 5 to 10 years		Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk lowers.
In 10 years		Your lung cancer risk is half of a smoker. Your risk of cancer of the bladder, food pipe (esophagus), and kidney lowers.
In 15 years		Your risk of coronary heart disease is the same as a non-smoker.

There are many ways to quit and some work better than others for different people. Talk with your PCP about what method works best for you. Once you choose to quit, pick a quit date within the next month.

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Getting Ready for Your Quit Day



Try some of these steps to help you get ready for your Quit Day. Visit the **American Cancer Society** to learn more.

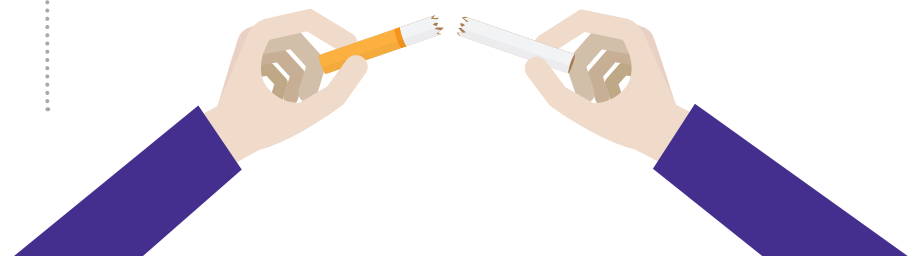
- **Pick the date** of your Quit Day and mark it on your calendar.
- **Tell your friends** and family about your Quit Day.
- **Make a list** of your top 5 reasons for quitting. Keep the list handy and read daily.
- **Get rid of all cigarettes**, ashtrays, and vapes at home, in your car, and at work.
- **Keep oral substitutes around** (sugarless gum, hard candy, toothpicks, or carrot sticks).
- **Choose what method works for you** – will you use NRT, phone counseling, take a class? Talk with your PCP and find out how to sign up as soon as you can.
- **Set up a support system**. This can be a group program, friends, or a family member who has quit smoking and is open to helping you.
- **Think about any past attempts to quit**. Identify your triggers and plan to deal with them when they come up.

On Your Quit Day

- **Stay busy** – go for a walk, exercise, or spend time in places where smoking is not allowed like a library or movie theater.
- **Drink lots of water**. It will help remove chemicals from your body.
- **Start using NRT** if that is your choice.
- **Attend a quit class** or follow your self-help plan.
- **Avoid** as best you can **situations** where the urge to smoke or vape is strong.
- **Avoid people who are smoking or vaping**.
- **Drink less alcohol** or avoid it completely.
- **Try a new routine**; explore a new route to work, drink tea instead of coffee, eat in a new area, or try a new kind of food.
- **Reward yourself** at the end of the day for not smoking or vaping.

It is normal to feel a strong urge to smoke or vape on your Quit Day. Remember, the urge will pass if you give in or not. Use the 4 D's to fight the urge:

1. **Delay** for 10 minutes. Repeat if you need.
2. **Deep breathe**. Close your eyes, slowly breathe through your nose and out your mouth. Picture your lungs filled with fresh, clean air.
3. **Drink water** slowly, sip by sip.
4. **Do something else**. Some activities trigger cravings. Get up and move around.



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My Quit Smoking/Vaping Plan



Try the **Quit Smoking/Vaping plan sheet** to help you or a loved one plan to quit.

Visit **Kick It California** to download the plan.



My Plan

My main reason to quit is: _____

Triggers (Times I will want to smoke/vape)

1. _____
2. _____
3. _____
4. _____
5. _____

Strategies (What I will do instead of smoking/vaping)

1. _____
2. _____
3. _____
4. _____
5. _____

My Quit Day is: _____

Sources:



"Health Benefits of Quitting Smoking Over Time"
American Cancer Society
cancer.org



"Making a Plan to Quit and Planning Your Quit Day"
American Cancer Society
cancer.org



"My Quit Vaping Plan"
Kick It California
kickitca.org

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