

Reasons to Stop Smoking

1. Tobacco is the leading preventable cause of death in the United States.
2. Smoking is associated with heart disease, lung disease, and a number of cancers.
3. Quitting smoking and vaping significantly reduces the risk of cancer; 15 years after quitting, your risk is almost as low as someone who never smoked.
4. Smoking accelerates mental decline in men and women over the age of 65.
5. Smokers are 4x more likely to have age-related blindness and to suffer from erectile dysfunction.

We have the tools to help you break your tobacco addiction. Do it for yourself. Do it for your family.

talk to your doctor or
visit waytoquit.org

way to quit →

The Tobacco Cessation Program is managed by the Association for Utah Community Health in partnership with the Utah Department of Health Tobacco Prevention and Control Program.

Tobacco Cessation Program

WE CAN HELP YOU
QUIT TOBACCO
TODAY



AUCH

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The Tobacco Cessation Program can help you quit!



Steps to Better Health

- Make a commitment to quit using any form of tobacco including vaping.
- Talk to your doctor about counseling services from the Utah Tobacco and Nicotine Quit Services.
- Your doctor will help you determine if a smoking cessation medication may be effective for you.
- Set a quit date with your Utah Tobacco and Nicotine Quit Services counselor and if prescribed medication by your doctor, take it as directed.
- Ask your family and friends for support as you make this change for the better.
- Stop using tobacco on your quit date and stay away from all of your old tobacco use triggers.

Continue to think of all the benefits of quitting!



Counseling

Quitting tobacco is hard! It helps to have support to reach your goal.

Talk to your doctor or contact the Utah Tobacco and Nicotine Quit Services at 1.800.QUIT.NOW (784.8669)

All services are confidential and **free** to Utah residents.

Through the Utah Tobacco and Nicotine Quit Services, you have access to:

- **Individual Sessions**
- **Personalized Quit Plan**
- **Self-Help Materials**
- **Online Resources**
- **Free Nicotine Replacement Therapy (if eligible)**
- **Text Message Support**

Visit waytoquit.org for free resources to help you quit!



Medicine

If you are uninsured, the AUCH Tobacco Cessation Program can provide your tobacco cessation medication free of charge.

If you are an established patient of a Utah health center, you may be eligible to receive up to 12 weeks of Bupropion or up to 24 weeks of Varenicline.

If you are insured, many health insurance plans now cover cessation medications. Please explore your options with your doctor.

Make an appointment with your doctor today!