

 **SMOKE**-free

# Do You Smoke, Vape or Use Tobacco?

Get Help Quitting





## Reasons to Quit

There are many reasons to quit smoking or vaping. Here are some examples:

1. Secondhand smoke is bad for your children or other family members to breathe. It can really hurt those who have asthma.
2. It causes diseases like cancer, heart disease, stroke and Chronic Obstructive Pulmonary Disease (COPD). These are sometimes fatal.
3. It is expensive. Did you know that a person who smokes a pack of cigarettes each day spends about \$190 each month or \$2,300 each year?<sup>1</sup>
4. A smoke smell will be left on your clothing and your belongings.
5. Smoking is not allowed in most public places.
6. If you are a HIP member and you do not stop using tobacco, your HIP POWER Account contribution amount may increase. See the section “Surcharge on POWER Account for HIP Members” on the next page for more information.

Did you know that Indiana has one of the highest smoking rates among pregnant women in the USA? If you are pregnant, it is twice as important that you try to quit. **Here are reasons why:**

- It can increase the risk of miscarriage.
- Your baby can be born too early or too small.
- Your baby can have learning and/or behavior problems.
- Your baby can develop breathing problems.
- It may increase the chance of infant death before the age of one.
- Your baby may be born addicted to nicotine.



## Are You Ready to Quit?

Tobacco products contain a highly addictive drug called nicotine. This is what keeps tobacco users coming back for more and continuing their addiction. It is hard to break an addiction.

### Ask yourself these questions to decide whether you are ready to quit:

- Have I already made a few small changes in my behavior?
- Do I plan to quit smoking, vaping or using tobacco in the next six months?

If you answer **yes** to any of these questions you may be ready to get started.

## How to Quit



If you are ready, you can get help to quit tobacco. Talk to your doctor. Your doctor can help you find the plan that is right for you. You'll need to decide on a quit date and stick to it. Sometimes it takes several tries before you are able to quit for good. Don't get discouraged. Find a support program. Social support helps when you are trying to quit.

### MDwise covers the following treatments (with some limits):

- Gum.
- Inhaler.
- Patch.
- Prescription medication.
- Lozenge.
- Individual and group counseling.
- Nasal spray.



## Surcharge on POWER Account for HIP Members

**If you are a HIP member that uses tobacco, you may have a higher POWER Account contribution.** You will have 12 months

to stop tobacco use or your POWER Account contribution payment will have a 50 percent surcharge on your contribution the next year.

*Tobacco use means the use of tobacco 4 or more times a week in the last 6 months. This includes the use of chewing tobacco, cigarettes, cigars, pipes, hookah and snuff. It does not include the use of nicotine delivery devices.*



## Helpful Resources

MDwise has helpful resources and information available online at [MDwise.org/wellness/smokefree](https://MDwise.org/wellness/smokefree).



1-800-QUIT NOW  
Indiana's Tobacco Quitline

You can also call the Indiana Tobacco Quitline. It is a free phone-based counseling service. It helps Indiana tobacco users quit. Call **1-800-QUIT-NOW (1-800-784-8669)** 24 hours a day, seven days a week. They can talk to you and coach you through quitting.

You can also go to [quitnowindiana.com](https://quitnowindiana.com) for more information.

To get help quitting vaping, check out the [Vape-Free Indiana](#) program. Visit [in.gov/vapefreeindiana](https://in.gov/vapefreeindiana) to learn more!

To get information about quitting texted directly to your phone, join the [This is Quitting](#) text program for teens and young adults. Text **INDIANA** to **88709**.

## MDwiseREWARDS

If you smoke or use tobacco you can earn points for trying to quit. To earn points, you must complete a cessation program.

### Examples include:

- Indiana's Tobacco Quitline.
- Baby and Me Tobacco Free.
- A program through your hospital or clinic.

**MDwise  
REWARDS**

Ask your doctor about the programs they recommend. Once completed, ask for a certificate or letter of completion. Then send a copy to MDwise by mail, fax or email to get your points. **Send to:**

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