



Tobacco use is a risk factor for several diseases, including heart disease, stroke, lung cancer, and chronic obstructive pulmonary disease (COPD).

It's also the number one preventable cause of death.

If you're ready to quit, Health Net Federal Services has resources that can help.





Try their Time to Quit online program. Create a personal quit plan while you also:

- Determine your method of quitting.
- Learn how to handle withdrawal symptoms.
- Review medications to help you quit.



There are a variety of methods for quitting tobacco.

Share your quit plan with your doctor so he or she can help you determine which method and medications are best to help you quit.



You can also watch a recorded class or take a behavior change class to help you on your path to quit.

Visit Health Net Federal Services' Learning Center for these programs:
www.tricare-west.com/go/learningcenter.