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Kicking the Habit: Tobacco-Free for Me

Well onTarget[®]



Did You Know . . .

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“Cigarette smoking is the chief, single **avoidable cause of death in our society and the most important public health issue of our time.”**

– C. Everett Koop, M.D. Former, U.S. Surgeon General



Am I Ready?

Questions to determine your readiness to quit:

- Why do you want to quit?
- When you have tried to quit in the past, what helped and what did not?
- What situations will be most difficult? How will you handle them?

Who can help you through the tough times?

- Family, friends, primary care provider

What pleasures do you get from smoking?

- In what ways can you still get pleasure if you quit?





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Types of Tobacco and Its Effect



Combustibles and Smokeless

Cigarettes	Smokeless Tobacco	Cigars
<p>Uniform in size and contain less than 1 gram of tobacco each</p> <p>600 ingredients in cigarettes release over 7,000 toxins when burned and 69 of the toxins cause cancer</p> <p>Heart disease, stroke, respiratory diseases, including Chronic Obstructive Pulmonary Disease (COPD), pneumonia and asthma</p> <p>Other conditions, including cataracts, hip fractures, rheumatoid arthritis and periodontal disease</p> <p>Reproductive problems, pregnancy complications and birth defects</p> 	<p>Chewing tobacco – loose leaf, plug or twist</p> <p>Snuff – finely ground, powdered, packaged moist or dry</p> <p>Contains 28 cancer-causing agents</p> <p>Oral, esophageal and pancreatic cancers, heart disease</p> <p>Leukoplakia (white mouth lesions that can become cancerous)</p> <p>Dental conditions - gum disease and/or recession, bad breath and yellowing of teeth</p> 	<p>Vary in size and shape and contain between 1-20 grams of tobacco</p> <p>Cigar smoke is possibly more toxic than cigarette smoke containing more cancer-causing toxins and higher amounts of tar</p> <p>Cancers, including esophageal, laryngeal, lung and oral</p> <p>Chronic obstructive pulmonary disease and heart disease</p> 

Electronic Nicotine Delivery Systems (ENDS)

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- Commonly referred to as e-cigarettes, e-cigs, vapes or vape pens
- Considered a tobacco product by the FDA
- Tobacco product - vapor mechanisms include nicotine
- Research shows dual usage is widespread practice
- Not approved as a tobacco cessation tool by the FDA
- Unsafe ingredients and emissions





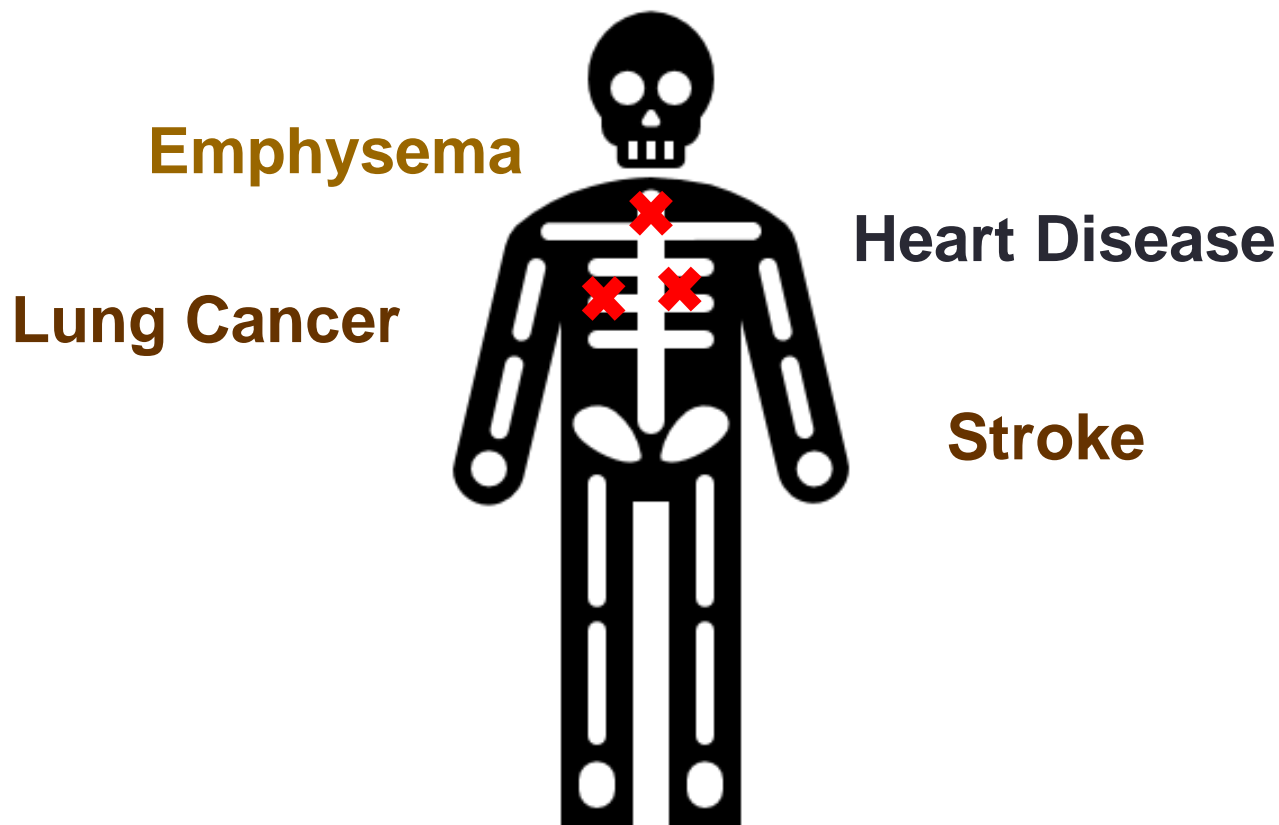
Secondhand Smoke

Secondhand smoke is defined as the environmental tobacco smoke inhaled involuntarily or passively by someone who is not smoking.

- Only **15%** is inhaled by the smoker, the remaining **85%** lingers in the air for everyone to breathe
- Contains higher concentrations of toxins found in cigarette smoke
- Contains 250 chemicals known to be toxic or carcinogenic

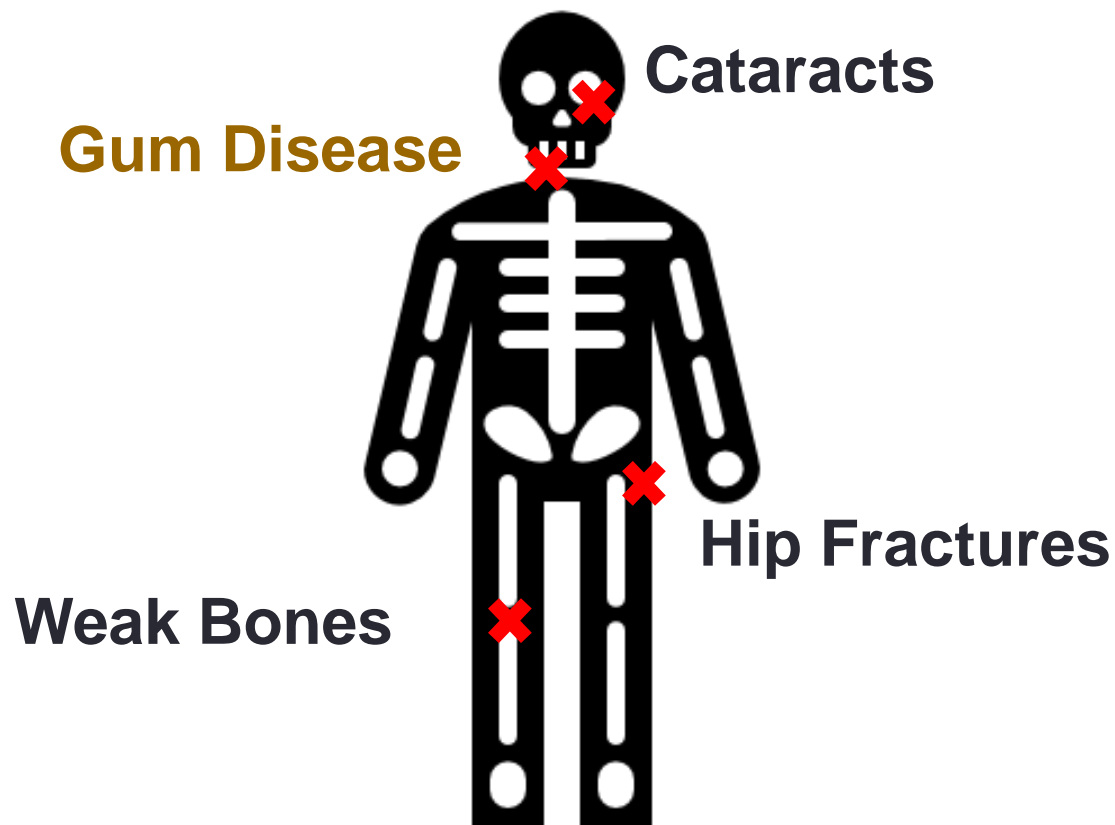


Harmful Effects of Tobacco Use





Harmful Effects of Tobacco Use



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The Addictive Forces of Nicotine



Nicotine: The Addiction

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Nicotine is more addictive than heroin or cocaine.

- Increases good feelings - pleasure, relaxation, motivation and concentration
- Decreases bad feelings - stress, depression and anger
- Causes unpleasant withdrawal symptoms - irritability, dizziness, headaches, trouble concentrating, anxiety, intense cravings

Habitual Triggers

- Coffee or tea
- Stressful situations
- Alcohol
- Food
- Driving
- Talking on the phone
- Watching TV





Roadblocks

There are **five common reasons** for not being able to break the addiction to nicotine:

1. Time pressures/stress
2. Negative moods
3. Being around other tobacco users
4. Triggers and cravings
5. Fear of withdrawal and relapse

Roadblock #1: Time Pressures/Stress

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The **number one reason** a quit attempt fails is due to a **stressful event**.

Healthy ways to deal with time pressures and stress:

- Exercise
- Deep breathing
- Meditation
- Progressive muscle relaxation
- Positive self-talk





Roadblock #2: Behavior/Moods

Negative moods

- A biological response to the withdrawal of nicotine from the system
- Feelings of anxiety, depression or nervousness can occur

Ideas to cope with negative mood

- Suck on hard candy
- Engage in physical activity
- Express yourself (journaling, write, talk)
- Think about pleasant, positive things
- Ask others for support



Roadblock #3: Social – Other Tobacco Users

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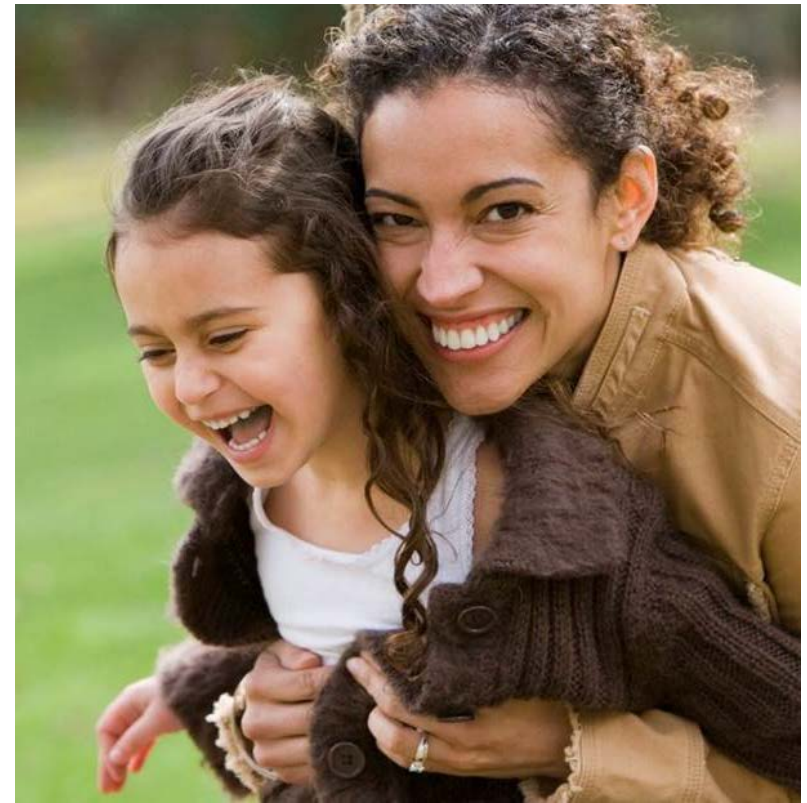
Coping with Social Situations

- Ask a friend or relative to quit with you
- Ask others not to use tobacco around you
- Assign non smoking/tobacco-free areas
- Leave the room when others use tobacco
- Keep hands and mouth busy
- Drink less alcohol during the first 3 weeks after you quit

Roadblock #4: Triggers and Cravings

Coping with Triggers and Cravings

- Eat something
- Distract yourself
- Take a drink of water
- Brush your teeth
- Turn your attention to something else
- Focus on your purpose for quitting





Roadblock #5: Fear

Fear is the most common reason for not attempting to quit. The two biggest fears are **withdrawal** and **failure/relapse**.

The **Five D's** to deal with withdrawal:

- **Delay**
- **Distract**
- **Drink**
- **Deep breaths**
- **Discuss**

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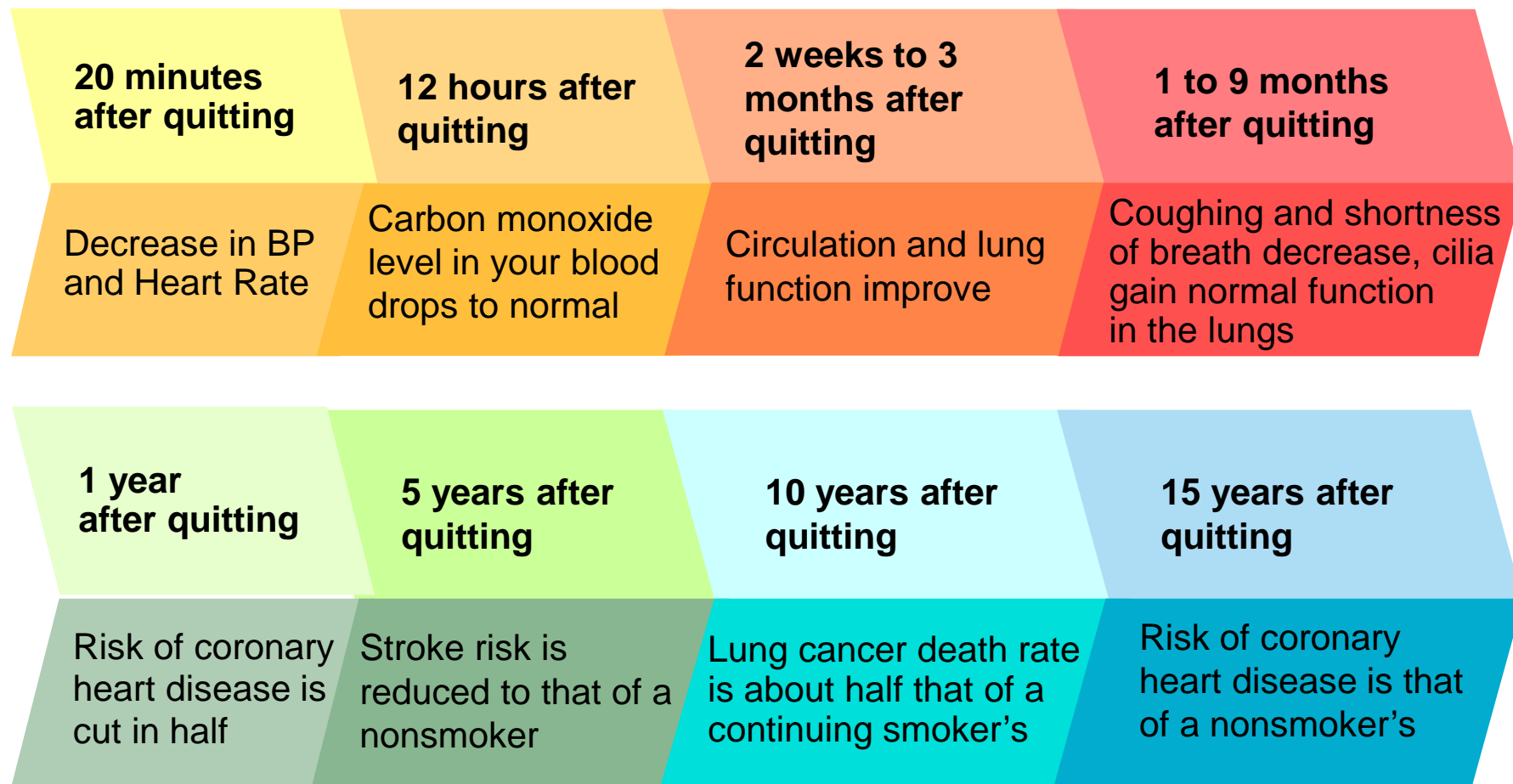
Making a Plan to Quit

When Smokers Quit

Benefits over time:

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Your START Plan

- S** **Set** a quit date
- T** **Tell** family, friends, and co-workers that you plan to quit
- A** **Anticipate** and plan for the challenges you will face while quitting
- R** **Remove** cigarettes and other tobacco products from your home, car, and work
- T** **Talk** to your doctor about getting help to quit

Nicotine Replacement Therapies and Counseling

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Without any assistance:

3%

Clinician help:

5-10%

Telephone/group counseling only:

20-30%

Combination of pharmacological and counseling:

75-90%

Pharmacological treatment (NRTs) only:

20-25%

“The most effective method to break the tobacco dependence cycle is a combination of nicotine replacement therapies (NRTs) and psychosocial counseling.”

– American Journal of Psychology

ERS *Choose to Quit* Program

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- A surcharge applies to all participants certified as tobacco users
- Surcharge will be waived with the completion of the ERS *Choose to Quit* program
- “Quitting Tobacco” and “Staying Tobacco Free” courses in Well onTarget meets the requirement to waive the surcharge



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Questions & Discussion

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