



# That little puff has big consequences

We can help you ditch cigarettes and improve your long-term health

A cigarette at a party or right before a nerve-racking test can make you feel “good” in that instant. But the reality is, cigarettes are harming your heart, blood vessels, hormones, respiratory system, metabolism and brain in the long-term.

Across the United States about one-third of college students smoke.<sup>1</sup> That's a lot of second hand smoke going around. And being around people that smoke may increase your risk of picking up the habit. So don't become a stat. We've got ways to help you kick the habit and take care of yourself. And you'll save money and feel much better.

## Kick the habit

Your student health plan offers some great resources to help you quit smoking. Signing up for counseling and support groups can double your chances of quitting for good. Here are some helpful resources.

- Under your pharmacy benefits, your student health plan covers medications to help you quit smoking like patches, gum, Chantix® and generic Zyban (bupropion).
- Your student health plan also offers the LivingFree® program. It uses an evidence-based process known as Structured Cognitive Behavioral Training (SCBT) to break down and replace self-defeating beliefs and thought patterns at the root of the addiction. Through 12 online video sessions along with interactive quizzes, useful exercises and other support tools and activities, the program can help you quit. To access the program log into **[anthem.com/ca](http://anthem.com/ca)**, select **Discounts** and then **Medicine & Treatment**.
- Check out **[nicotine-anonymous.org](http://nicotine-anonymous.org)** and **[smokefree.gov](http://smokefree.gov)**. They offer telephone and online meetings. They also offer in-person meetings in many cities at no extra cost to you.
- Call **1-800-662-8887** and **1-800-ACS-2345** (227-2345) for toll-free smoking cessation support lines.



## What you may feel after quitting

Quitting cigarettes is hard because you're physically and mentally addicted to them. Be aware of these withdrawal symptoms so you can recognize them if you experience them. Many people give in and smoke again just to stop them. Don't do it, these symptoms are momentary and will pass.<sup>2</sup>

- Dizziness (for the first day or two)
- Depression
- Irritability, frustration and anger
- Restlessness and problems concentrating
- Fatigue
- Headache
- Insomnia and nightmares

## Ideas to keep cravings at bay

Cravings hit you because smoking has been a habit in your life. Even people who have quit years ago may feel triggered by something. Don't worry; use some of these ideas to deal with a craving when it pops up.

- **Take a walk or go work out.** Even a short walk can help you through your cigarette craving, lower your withdrawal symptoms, and can triple the amount of time it takes for your next craving to hit. Can't go out? Do a set of jumping jacks to distract yourself from the urge.
- **Go to the movies.** Or other places where smoking is not allowed, like the library, museums, bookstores and malls.
- **Change other habits, too.** For example, if you used to smoke first thing in the morning, make some tea or a smoothie instead. Changing your routine can help you curb the feeling that something is missing.
- **List your reasons.** Make a list of all your reasons for quitting, and keep a copy with you at all times. Take a peek at it when you're tempted to smoke.
- **Tell your friends.** They can support you and hold you accountable when the cravings hit.

## You can do this!

If quitting seems a little far-fetched right now, remember that at one point not that long ago you weren't a smoker. Take it one day at a time and stay strong. You can get there again!

### Sources:

1. California Department of Public Health website: *California Tobacco Facts and Figures* (accessed November 2016); [cdph.ca.gov](http://cdph.ca.gov).  
2. Centers for Disease Control and Prevention website: *Quitting Smoking* (accessed November 2016); [cdc.gov](http://cdc.gov).

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