

# Tobacco Cessation Tips



## DO:

- Be patient with yourself
- Be positive; use self-talk
- Be proud of small accomplishments
- Take time for yourself
- Believe that you can be a non-smoker
- Get lots of rest
- Use your sense of humor
- Talk to someone
- Drink water often
- Remember why you chose to become tobacco-free

## DON'T:

- Be impatient
- Worry about "forever"
- Be negative
- Neglect yourself
- Drink a lot of alcohol
- Overdo
- Take yourself too seriously
- Be afraid to ask for help
- Believe you can have "just one"
- Forget the reason you quit

For more information, visit  
[optimahealth.com/mylifemyplan](https://optimahealth.com/mylifemyplan)

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## TOBACCO CESSATION RESOURCES

1. National Quitline Network 1-800-QUIT-NOW (1-800-784-8669).
2. Visit [wellnessforme.com](https://wellnessforme.com) to order the Get Off Your Butt: Stay Smokeless for Life at-home program.
3. Visit [Sentara.com](https://Sentara.com) to learn about the availability of free classes in your area.
4. Call (757) 687-6000 for free individual counseling with a tobacco cessation specialist.

## ADDITIONAL RESOURCES FOR OPTIMA HEALTH MEMBERS ONLY

1. To access WebMD Health Services tools, sign in at [optimahealth.com/mylifemyplan](https://optimahealth.com/mylifemyplan) and select Wellness Tools from your MyOptima menu.
2. To work directly with a Case Manager, call the Member Services phone number on your Optima Health member ID card.

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