

Break free from tobacco.

Quitting smoking is hard. MHS can help.



MHS wants to help you break free from tobacco. Tobacco use remains the single most preventable cause of death and disease in the United States, claiming more than 480,000 lives per year. Quitting smoking can have immediate as well as long-term benefits for you and your loved ones.

Quitting tobacco is hard. You may have tried to quit several times before—two, three, four or more times—and you're still hooked. Don't give up! Each quit attempt moves you closer toward success.

Earn Rewards

Members can earn **up to \$145 per year in My Health Pays® rewards** by working with the Indiana Tobacco Quitline. The Quitline is a telephone counseling program that offers one-on-one coaching to tobacco users who have decided to quit. You can use reward dollars to help pay for everyday items at Walmart, utilities, transportation, telecommunications (cell phone bill), childcare services, education and rent. **It's easy to get started - just call 1-800-QUIT-NOW. Be sure to tell them you are an MHS member to earn your rewards!**

My Health Pays® Rewards for Smoking Cessation

Enroll with the Indiana Tobacco Quitline	\$40
Complete Your 1st Coaching Call with the Quitline	\$25
Complete Your 3rd Coaching Call with the Quitline	\$30
Complete the Tobacco Quitline Program	\$50
TOTAL POSSIBLE REWARDS	\$145

Quit Aids

MHS will pay for quit aids like Nicotine gum, lozenges and patches as part of your health coverage. Talk with your doctor about which choices are best for you.

Smoking and Pregnancy

Are you pregnant? Do you smoke? It's never too late to quit! Quitting now can make a big difference in your baby's life. The Quitline has a special program for helping women during pregnancy. Call 1-800-QUIT-NOW.

Ready to break free?
Call 1-800-QUIT-NOW.

