


# STOP SMOKING!



**Although it is difficult to quit smoking, doing so will improve your health, lower your health care costs and leave more money in your bank account.**

**Here are some steps to take when you are ready to quit:**

- Set a quit date within the next two weeks to give yourself enough time to prepare, but not enough time to change your mind.
- Tell your family, friends and coworkers about your plans, and request their support throughout the process of quitting.
- Talk with others who have quit smoking and learn about how they found success.
- Understand that quitting will be difficult—plan for withdrawal symptoms, and consider purchasing nicotine gum or patches to lessen the severity of withdrawal.
- Remove cigarettes, other tobacco products, ashtrays, lighters and matches from your home, car and work area.
- Talk with your doctor to create a personalized quitting plan.

**Provided by: Willis Towers Watson**