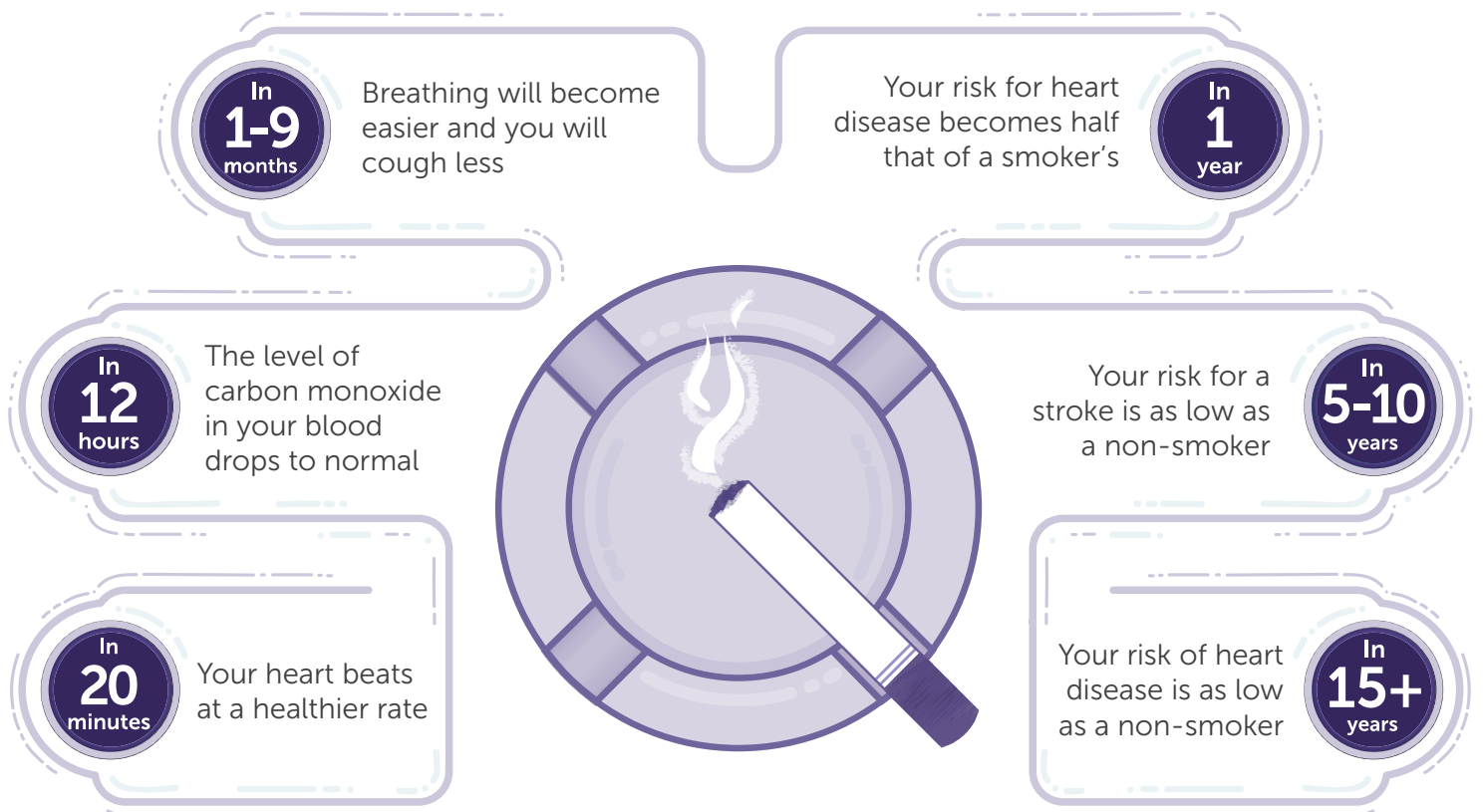
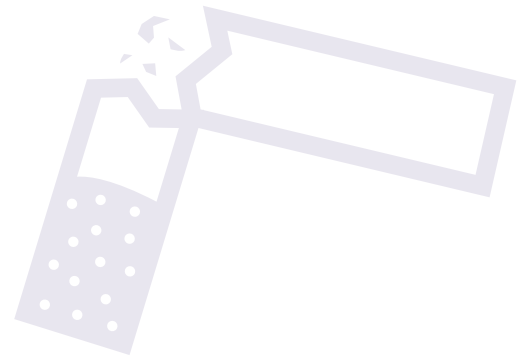


Break the Habit

Thinking about quitting smoking? According to the Centers for Disease Control and Prevention (CDC), your body goes through a series of changes after quitting that can begin right away and continue for years! This means you can reap the benefits of living cigarette-free even within a few minutes after your last cigarette!



Tobacco use continues to be the leading cause of preventable disease and death in the United States. This includes cigarettes, electronic cigarettes, smokeless tobacco and cigars. Using tobacco products can cause immediate damage to your health, leading to more serious and long-term health problems. By quitting now, you are at a lowered risk for developing lung cancer, oral cancer, heart disease, stroke and chronic obstructive pulmonary disease (COPD).

Remember: you are never too old to quit.

There are many effective ways to quit. Contact your Primary Care Provider (PCP) to discuss the best treatment plan(s) for you.

MeridianComplete is a health plan that contracts with both Medicare and Illinois Medicaid to provide benefits of both programs to enrollees.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call **1-855-580-1689** (TTY: **711**).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-855-580-1689** (TTY: **711**).