

Whether you smoke **TOBACCO** products or use a **VAPE PEN**, you're still taking in nicotine and many **HARMFUL** substances.

**So, form a quit plan and stick to it!**



**Get Started Today!**

**TOLL-FREE NEW YORK STATE SMOKERS' QUITLINE**

**1-866-NY-QUITS (1-866-697-8487)**

Telephone counseling, materials and free nicotine patches (if qualified)

**ADDITIONAL RESOURCES**

- [BecomeAnEx.org](http://BecomeAnEx.org)
- [SmokeFree.gov](http://SmokeFree.gov)
- [HHHN.org](http://HHHN.org)

**TRY THE 5 D'S!**



**DELAY SMOKING A MINUTE OR TWO**

The urge will pass.



**DRINK WATER TO FIGHT CRAVINGS**

Skip the sugary drinks, though.



**DO SOMETHING**

Call a friend, clean a closet, take a walk, try yoga or another exercise.



**DEEP BREATHE TO RELAX**

Close your eyes and take 10 slow, deep breaths.



**DISCUSS**

Share your thoughts and feelings with someone you trust.

**Are you ready to stop smoking or vaping?**



[HHHN.org](http://HHHN.org)



Hudson Headwaters Health Network is a 501(c)(3) nonprofit and Federally Qualified Health Center (FQHC) funded in part through a grant from the U.S. Department of Health and Human Services and generous community support. Hudson Headwaters Health Network is a Health Center Program grantee under 42 U.S.C. 254b, and a deemed Public Health Service employee under 42 U.S.C. 233(g)-(n). Hudson Headwaters Health Network is granted medical malpractice liability protection through the Federal Tort Claims Act (FTCA) and its employees are considered Federal employees with the Federal government acting as their primary insurer.



## YOUR PROVIDER CAN HELP

Quit-counseling and support, along with prescription medicines or over-the-counter (OTC) nicotine replacement therapies, such as nicotine gum or patches, can improve your chance of quitting successfully. So ask your health care provider to help you form your plan.

Most insurances, including Medicaid and Medicare, cover some or all quit-smoking medications, OTC therapies and counseling. Check with your insurance plan for details.



Visit us online at: [HHN.org](http://HHN.org)



## A LOOK AT YOUR FUTURE AFTER YOU STOP SMOKING

