



Quit For Life® Program



# Help friends and family live tobacco-free.



**It can be hard to talk to someone about quitting smoking.** But you can play a key part in helping them quit by being compassionate and telling them you believe in them. Try these tips to gently start a conversation:

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### **IF YOU'VE NEVER SMOKED:**

**Do** think of a big change you've made in your own life, like losing weight or overcoming a big fear. This will help you understand how difficult it is to quit smoking. Then, just listen and ask how you can help.

**Don't** try to give advice, scare someone into quitting or nag them to do things differently.

### **IF YOU'RE AN EX-SMOKER:**

**Do** let the person know how your life has improved since you quit. Your real-life experiences can help inspire and motivate them.

**Don't** push them to quit the same way you did. Everyone needs to quit in their own way.

### **IF YOU CURRENTLY SMOKE:**

**Do** keep your cigarettes and lighters out of sight. Try to smoke in places the other person can easily avoid, such as outside the house, car or workplace.

**Don't** offer them a cigarette. And don't take it personally if they don't want to hang out as much.

**Together, let's help people become nonsmokers.**  
**1-866-QUIT-4-LIFE      [www.quitnow.net](http://www.quitnow.net)**



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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