

## Ready to help your teen quit?

Work with a free Youth Quit Coach today!  
Scan the QR code below to access Quit Now Indiana for teens.



CareSource.com

## Teens & Vaping Devices



*\*Vaping or any tobacco use under age 21 is illegal in Indiana.*

*\*\*Rewards subject to change. Rewards based on claims are recorded once claims are submitted by providers and processed by CareSource. It can take a few weeks to show rewards for these activities in your MyHealth account.*

*\*\*\*Talk to your primary medical provider (PMP) about quitting tobacco. Your PMP can help explain what medications and/or counseling are the best fit for you.*

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## What is vaping?

Vaping is the inhaling of a vapor created by any type of vaping device. This could be an electronic cigarette (e-cigarette), vape pen, tank, mod, or other battery-powered smoking device.

Vaping devices have cartridges filled with a liquid. This is called e-liquid. E-liquid usually has nicotine, flavorings, and chemicals. E-liquid is heated into a vapor, which the person inhales. That's why using a vaping device is called "vaping."

## What are the health effects of vaping?

Vaping puts nicotine into the body. Nicotine is addictive and can affect brain development. The nicotine in e-liquid:

- Is very addictive.
- Can slow brain development in kids and teens. It can affect memory, concentration, learning, self-control, attention, and mood.
- Can increase the risk of other types of addiction as adults.
- Can irritate and damage the lungs.



**Want to learn more about vaping?**

Scan the QR code on the left to learn more about the dangers of vaping.

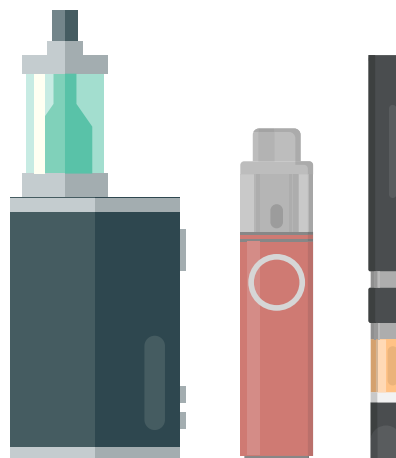
## How can I help my child quit?

Here are a few things you can do to help your child learn the risks of vaping and take control of their health.

- Call Quit Now Indiana at **1-800-QUIT-NOW** (1-800-784-8669) and work with a Youth Quit Coach today. This is one of the best ways to help your child to quit vaping\* or using other tobacco products. Quit Now Indiana offers:
  - Free Coaching
  - Quit Plan
  - Educational Materials

Along with calling Quit Now Indiana, you can also:

- Support your child as they try to quit.
- Set a good example by taking care of your own health. If you smoke or vape, make the promise to quit.



### Types of vaping devices.

All vaping devices don't look the same. There are many types of vaping devices out there.

Scan the QR code on the left to learn more about different vaping devices.



## CareSource member? Earn rewards for quitting tobacco!

Through the MyHealth Rewards program, you will earn rewards for taking steps to quit using tobacco and stay quit for good. Here's what the reward amounts may look like:

Activity	Reward Amount**
1st call with Tobacco Quitline Coach	<b>\$50</b> 1x/calendar year
1st call with Tobacco Quitline Coach While Pregnant	<b>\$80</b> 1x/calendar year
Follow-up calls with your Quitline Coach	<b>\$10</b> 5x (7x if pregnant)/calendar year
First counseling session to help you quit***	<b>\$30</b> 1x/calendar year
Second counseling session to help you quit at 6 weeks***	<b>\$20</b> 1x/calendar year
Substance Use Disorder Intensive Outpatient Treatment Session	<b>\$10</b> 10x/calendar year
Taking prescribed medicines to help you quit*** (Weeks 1, 4, 8, and 12)	<b>\$20</b> 4x/calendar year

**All HIP and HHW members aged 18-64 can earn these rewards!**