

# Tobacco Cessation



Each year smoking kills more people than all traffic accidents, illegal drugs, alcohol, firearms and HIV/AIDS. Smoking also causes many health issues such as:

- heart disease
- cancer
- breathing problems
- dental problems
- eye and ear problems
- bone problems, and
- reproductive problems

Quitting smoking and/or the use of tobacco can help you. It can help you with asthma, diabetes, stroke, cancer, COPD or heart disease.

When you have **asthma** and smoke, you are more likely to have an asthma attack. If you stop smoking you will be able to better control your asthma symptoms. You may also need less medicine.

Smoking when you have **diabetes** raises your risk of having a stroke. It can also cause your blood sugar medicine or shots to not work as well.

Smoking can cause cancer nearly anywhere in your body. As long as you are smoking, you are at a higher risk for cancer.

Smoking when you have **COPD** makes it much harder for you to breathe. This is because the smoke is damaging your lungs. Smoking can also cause serious lung infections like pneumonia. When you quit smoking, the smoke is not hurting your lungs anymore. Your breathing should also get better. You will also be less likely to get lung infections. If you quit smoking your risk of stroke, COPD, cancer, nerve damage and other problems improves. This is if you don't start smoking again.

Smokers with heart disease have double the risk of having a heart attack than do non-smokers. Smoking increases your blood pressure and heart rate which damages your blood vessels and increases your chance of having a stroke. If you quit smoking, your blood pressure and heart rate go down. Your risk of having a heart attack or stroke also goes down. The damage to your blood vessels starts to heal when you quit smoking.

## Tobacco Use Includes:

- Smoking cigarettes, cigars, pipes or hookah
- Chewing tobacco
- E-cigarettes and vaping
- Snuff



If you feel you or someone you know would benefit from tobacco cessation services, please call **1-800-QUIT-NOW** (1-800-784-8669).

**CareSource**<sup>®</sup>

## CareSource Rewards for Quitting Tobacco Use

Tobacco Cessation Activity	Reward Amount	Plan
1st call with Indiana Tobacco Quitline Coach	\$35	HIP
3rd call with your Quit Coach	\$10	HIP and HHW
5th call with your Quit Coach	\$10	HIP and HHW
Starting medicine to help you quit * (Talk to your doctor to get a prescription. You can also talk with your Quit Coach from the Indiana Quitline.)	\$20	HIP
Keep taking prescribed medicines to help you quit*	Up to \$60	HIP
See a counselor to help you quit smoking or using tobacco products *	\$30	HIP
Go to counseling for up to 6 weeks*	\$20	HIP
Finish online courses through MyHealth**	Up to \$15	HIP
Total Reward Amount (HIP):	\$200	

HIP – Healthy Indiana Plan  
HHW – Hoosier Healthwise

Rewards based on claims are logged once claims are sent by providers and processed by CareSource. It can take a few weeks to show rewards for these activities in your MyHealth Account.

\* Talk with your doctor or your Quit Coach from the Indiana Quitline about quitting tobacco use. Your doctor or Quit Coach can help decide what medications or counseling will be the best fit for you.

\*\*You can get online tools and rewards information at MyHealth. Go to MyCareSource.com® and click the MyHealth icon under “My Plan” to get started.

### Reference:

[https://www.cdc.gov/tobacco/data\\_statistics/fact\\_sheets/health\\_effects/effects\\_cig\\_smoking/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm)

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