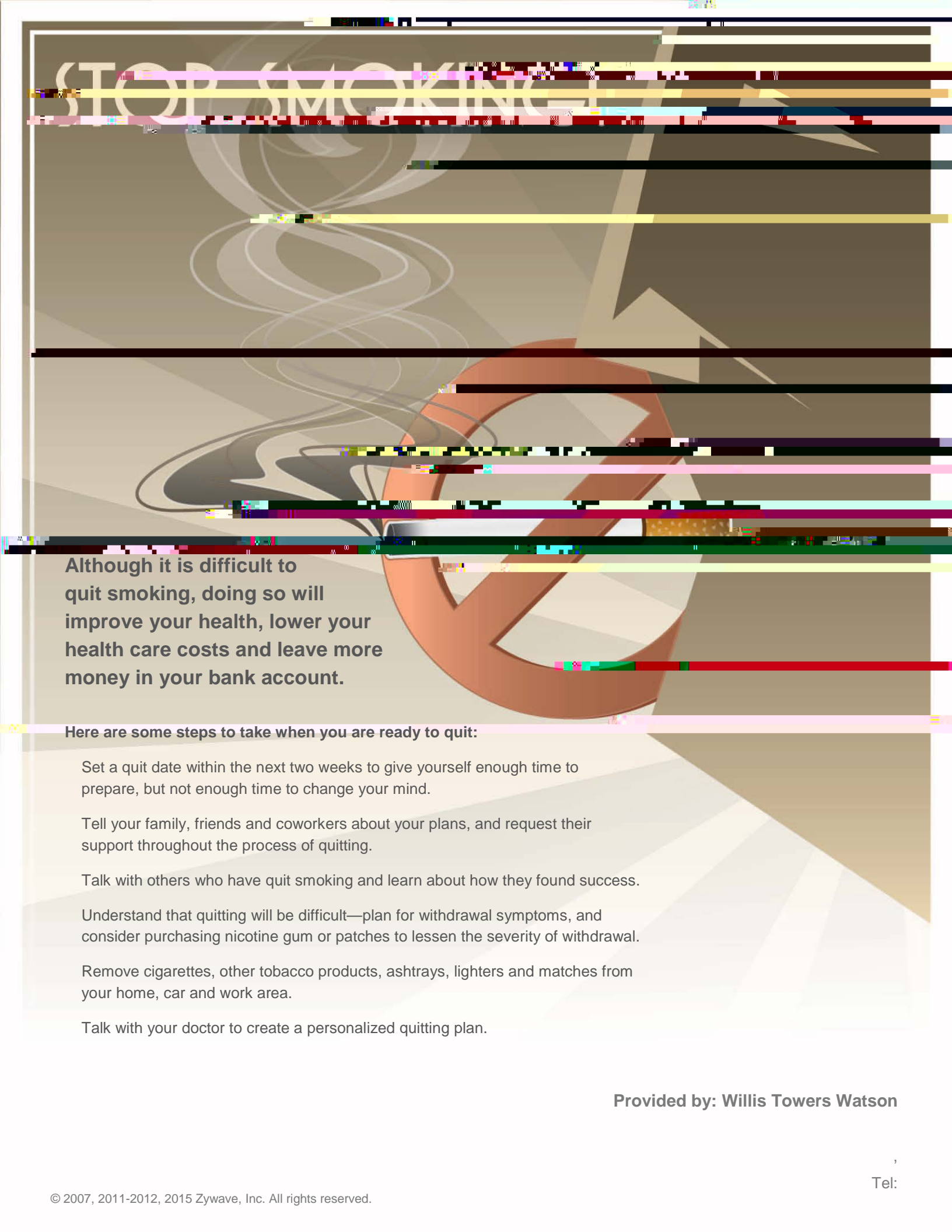


# STOP SMOKING



**Although it is difficult to quit smoking, doing so will improve your health, lower your health care costs and leave more money in your bank account.**

## **Here are some steps to take when you are ready to quit:**

Set a quit date within the next two weeks to give yourself enough time to prepare, but not enough time to change your mind.

Tell your family, friends and coworkers about your plans, and request their support throughout the process of quitting.

Talk with others who have quit smoking and learn about how they found success.

Understand that quitting will be difficult—plan for withdrawal symptoms, and consider purchasing nicotine gum or patches to lessen the severity of withdrawal.

Remove cigarettes, other tobacco products, ashtrays, lighters and matches from your home, car and work area.

Talk with your doctor to create a personalized quitting plan.

**Provided by: Willis Towers Watson**