

Do you have questions?

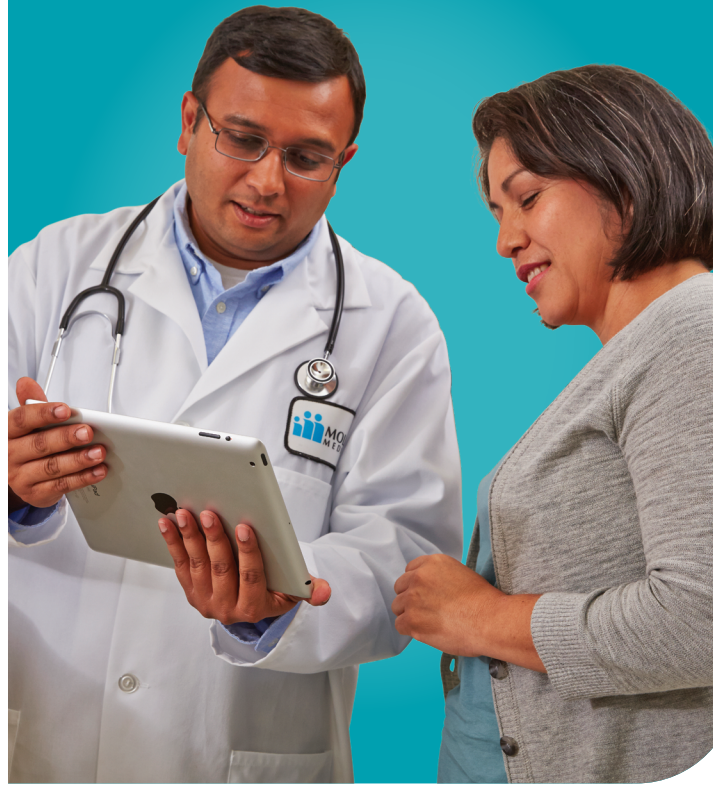
Call our 24-hour Nurse
Advice Line.
We are here to help you.



English:
(888) 275-8750

Español:
(866) 648-3537

TTY/TDD:
711



Distributed by Molina Healthcare.
All material in this brochure is for
information only. It does not replace
your provider's advice.

To get this information in other
languages and accessible formats,
please call Member Services. This
number is on the back of your
Member ID card.

Stop Smoking



Why should you quit smoking?

- Smoking causes cancer of the lungs, mouth and throat.
- Smoking causes heart disease.
- Smoking causes emphysema or chronic obstructive pulmonary disease (COPD).
- Smoking increases the risk of stroke.
- Smoking causes poor circulation.
- Smoking causes diabetes complications.

How can you stop smoking?

- Set a date to quit and stick to it.
- Throw away ashtrays, cigarettes and lighters.
- Clean your house and car to remove the smoke smell.
- Stay in non-smoking areas.
- Tell your family and friends so they can support you.
- Find ways to reduce stress.
- Ask your provider about medicine to help you quit smoking.

Are you ready to quit smoking?

To get help to quit smoking and vaping call Kick It California www.KickItCa.org. It is at no cost to you.

Tobacco Cessation Services

- English: 1-800-300-8086 or Text “Quit Smoking” to 66819
- Spanish: 1- 800-600-8191 or Text “Dejar De Fumar” to 66819
- Tobacco Chewers:
1 800-987-2908
- Chinese: 1- 800-838-8917
- Korean: 1-800-556-5564
- Vietnamese: 1-800-778-8440

Vape Cessation Services

- English: Call 1-844 866-8273 or Text “Quit Vaping” to 66819
- Spanish: Call 1-800-600-8191 or Text “No Vapear” to 66819

When you quit smoking, you greatly reduce your risk of suffering from smoking related diseases.

If you are pregnant, smoking can harm you and your baby. If you smoke or vape, it is time to quit.