

# Invest in your health.



## Thinking about quitting?

Smoking can have many harmful effects on your health: heart disease, lung cancer, emphysema, and more. Despite this knowledge, nicotine's highly addictive nature makes quitting a tough challenge.

Take the first step on **November 18** by voluntarily participating in the **35<sup>th</sup> Great American Smokeout<sup>®</sup>**. Join the American Cancer Society and thousands of people across Texas and the U.S. who will quit tobacco for 24 hours.

Quit for the day, and then keep going with the help of these resources:

### **NEW! UT Tobacco Cessation Benefit.**

This new program provides up to eight weeks of free nicotine replacement therapy (NRT), such as the patch, gum, or lozenges in conjunction with free telephonic Quitline counseling to State employees, including UT System employees, retirees, and dependents.

Visit [www.livingwell.utsystem.edu/tobacco.htm](http://www.livingwell.utsystem.edu/tobacco.htm) or call **1-877-937-7848** to learn more about this program. For institution-specific initiatives, go to [www.livingwell.utsystem.edu](http://www.livingwell.utsystem.edu).

### **WebMD's Online Smoking Cessation Program.**

This confidential program provides support, techniques, and tools to quit. Take advantage of this personalized, self-paced resource.

Visit [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut) and select **Smoking Cessation** from the Living Healthy drop down menu.

**Choose the support you need. You can do it.**