Stomp out smoking and breathe freely

If you’re a smoker, quitting this habit might seem like a tough thing to do. But, with the number of former smokers now greater than the number of smokers in the United States, it’s clear more and more people want to enjoy the health benefits that come with smoking cessation.

Quitting smoking has health benefits for people of all ages and the earlier you quit smoking, the greater these benefits will be.

There are a number of evidence-based smoking cessation treatments that have been proven effective:

- Brief clinical interventions, such as a 10-minute conversation with your physician.
- Individual, group or telephonic counseling.
- Behavioral-cessation therapies.
- Any treatments with more person-to-person contact and intensity.

Speak with your physician to determine what is right for you.

Online Health Coach: Lifestyle Improvement Program for Smoking Cessation

Horizon Blue Cross Blue Shield of New Jersey members have access to a free, online program through My Health Manager, powered by WebMD®, at HorizonBlue.com/mhm. The interactive, personalized smoking cessation program guides you through specific, practical tasks on a self-paced schedule. Online message board exchanges and a personalized goal planner support your progress toward quitting.

The Lifestyle Improvement Program also includes:

- An intuitive, graphical interface for tracking and displaying progress to date, modifying planned tasks, etc.
- Integration of all smoking cessation activities together in one convenient, personalized dashboard view for easy navigation between different risk factor activities.

Please note: Preventive care services and screenings are only covered when rendered by an in-network physician or health care professional.

Source: The Centers for Disease Control and Prevention, cdc.gov.