

# LOSE THE HABIT



You gain so much more when you lose the tobacco habit<sup>1,2</sup>

## After you quit tobacco, here's what happens within:

20 minutes	Your heart rate and blood pressure drop
12 hours	Dangerous levels of carbon dioxide in your blood drop to normal
5 days	Most nicotine is out of your body
2 weeks–3 months	Circulation improves and lung function increases (if you were a smoker)
1–9 months	Circulation improves and your body's overall energy levels increase (if you were chewing tobacco)
1 month	Your skin appearance is likely to improve
1 year	Your risk of heart disease is cut in half, compared to those who use tobacco
5 years	Your risk of stroke decreases to that of a non-tobacco user



## RESOURCES AND TOOLS

As a Go365® member, you have access to resources and tools to help you get and stay tobacco-free (and earn Points while you're at it). Options include:

- Completing online calculators
- Interacting with virtual well-being coaching apps
- Taking an online course



For a personalized list of activities that may be eligible for Points:

- Sign in to Go365.com > visit the "Activities" section > filter to the "Recommended" category
- Ensure you've completed your Go365 Health Assessment for the most personalized list
- Find coaching apps in the "Coaching" section of the Go365 App

## Did you know?

An individual's chance of quitting tobacco successfully increases by 50–70 percent when taking NRT\* (nicotine replacement therapy), according to a review of 150 trials of NRT.<sup>3</sup>

\*You may be eligible for over-the-counter (OTC) and prescription NRT through your medical plan. Contact your plan carrier to seek out additional options.

## References

<sup>1</sup>American Cancer Society

[www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html](http://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html)

<sup>2</sup>Killthecan.org

[www.killthecan.org/additional-resources/stop-chewing-recovery-timetable/](http://www.killthecan.org/additional-resources/stop-chewing-recovery-timetable/)

<sup>3</sup>Cochrane

[www.cochrane.org/CD000146/TOBACCO\\_can-nicotine-replacement-therapy-nrt-help-people-quit-smoking](http://www.cochrane.org/CD000146/TOBACCO_can-nicotine-replacement-therapy-nrt-help-people-quit-smoking)



# IMPORTANT!

## At Humana, it is important you are treated fairly.

Humana Inc. and its subsidiaries do not discriminate or exclude people because of their race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. Discrimination is against the law. Humana and its subsidiaries comply with applicable Federal Civil Rights laws. If you believe that you have been discriminated against by Humana or its subsidiaries, there are ways to get help.

- You may file a complaint, also known as a grievance:  
Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618  
If you need help filing a grievance, call **1-877-320-1235** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at **<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>**, or by mail or phone at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 800-537-7697 (TDD)**.

Complaint forms are available at **<https://www.hhs.gov/ocr/office/file/index.html>**.

## Auxiliary aids and services, free of charge, are available to you.

**1-877-320-1235 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

## Language assistance services, free of charge, are available to you.

**1-877-320-1235 (TTY: 711)**

**Español (Spanish):** Llame al número arriba indicado para recibir servicios gratuitos de asistencia lingüística.

**繁體中文 (Chinese):** 撥打上面的電話號碼即可獲得免費語言援助服務。

**Tiếng Việt (Vietnamese):** Xin gọi số điện thoại trên đây để nhận được các dịch vụ hỗ trợ ngôn ngữ miễn phí.

**한국어 (Korean):** 무료 언어 지원 서비스를 받으려면 위의 번호로 전화하십시오.

**Tagalog (Tagalog – Filipino):** Tawagan ang numero sa itaas upang makatanggap ng mga serbisyo ng tulong sa wika nang walang bayad.

**Русский (Russian):** Позвоните по номеру, указанному выше, чтобы получить бесплатные услуги перевода.

**Kreyòl Ayisyen (French Creole):** Rele nimewo ki pi wo la a, pou resevwa sèvis èd pou lang ki gratis.

**Français (French):** Appelez le numéro ci-dessus pour recevoir gratuitement des services d'aide linguistique.

**Polski (Polish):** Aby skorzystać z bezpłatnej pomocy językowej, proszę zadzwonić pod wyżej podany numer.

**Português (Portuguese):** Ligue para o número acima indicado para receber serviços linguísticos, grátis.

**Italiano (Italian):** Chiamare il numero sopra per ricevere servizi di assistenza linguistica gratuiti.

**Deutsch (German):** Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

**日本語 (Japanese):** 無料の言語支援サービスをご要望の場合は、上記の番号までお電話ください。

**فارسی (Farsi)**

برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

**Diné Bizaad (Navajo):** Wóda'í béésh bee hani'í bee wolta'ígíí bich'í' hódílnih éí bee t'áá jiik'eh saad bee áká'ánída'áwo'déé nika'adoowoł.

**العربية (Arabic)**

الرجاء الاتصال بالرقم المبين أعلاه للحصول على خدمات مجانية للمساعدة بلغتك