

# TRICARE®'s Smoking Cessation Program



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**Begin your journey  
to a tobacco-free you  
with help from TRICARE's  
Smoking Quitline and  
DoD's [www.ucanquit2.org](http://www.ucanquit2.org)**



## **Now, TRICARE offers more resources and tools to help you stop smoking for good.**

Smoking can cause cardiovascular and pulmonary disease and cancer. It can also increase your chances for hospitalizations, missed workdays, failed fitness evaluations, and impaired night vision. Knowing these facts, you may want to quit, but quitting is hard. It takes, on average, 11 attempts to quit smoking. That's why TRICARE is dedicated to helping active duty service members, veterans, retirees, and their families succeed in the attempt to quit smoking. We offer two ways to help you get the necessary assistance you need to break the smoking cycle.

- TRICARE's Smoking QuitLine— a telephone support and referral service with trained smoking cessation coaches
- The Department of Defense (DoD) [www.ucanquit2.org](http://www.ucanquit2.org)—a Web site with training and a wide range of tools to help you become tobacco free

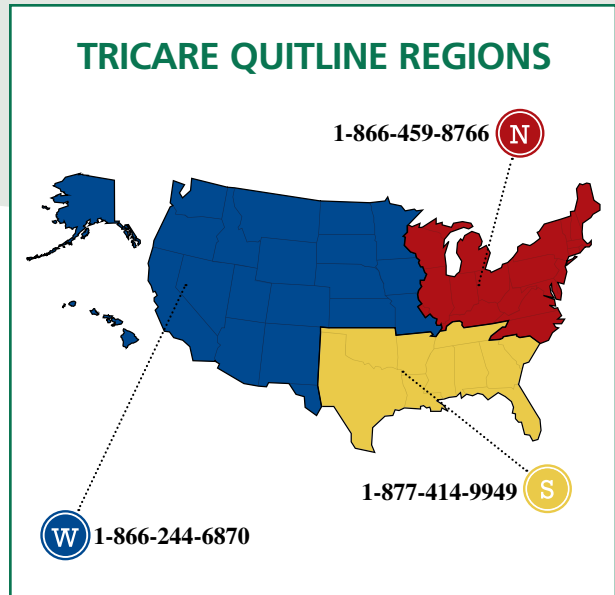
Through these free services, you have access to the most comprehensive collection of tobacco cessation tools available.



## Smoking Quitline

When you are ready to quit smoking, help is only a phone call away. All eligible beneficiaries can receive assistance with smoking cessation through TRICARE's toll-free Smoking Quitline, available 24 hours a day, 7 days a week, including weekends and holidays. The Smoking Quitline is available to TRICARE beneficiaries in the United States who are not eligible for Medicare.

Current smokers who want to quit or former smokers concerned about relapse can speak with a trained smoking cessation coach who will assess each individual's stage of the smoking-cessation process and recommend appropriate treatment and resources to quit smoking or remain smoke-free. Through the toll-free Smoking Quitline, callers will receive help to create a customized quit plan.



## Ucanquit2 Web Site: [www.ucanquit2.org](http://www.ucanquit2.org)

All TRICARE beneficiaries can get smoking and smokeless tobacco cessation support through DoD's comprehensive Web site, [www.ucanquit2.org](http://www.ucanquit2.org). The site offers interactive, Web-based tobacco cessation training, live support from trained tobacco cessation coaches, quit plan and calendar, text quit tips, savings calculator, games, and much more.

## Train2Quit and Beat the Odds

Web-based interventions have the potential to more than double long-term quit rates. Train2Quit is an online support system that prepares tobacco users to quit for good using interactive components such as quit tools, self-assessment questionnaires, quizzes, and activities. The system features a customizable quit plan that shows individuals how to beat cravings, overcome weight gain, and cope with the effects of nicotine withdrawal. A self-paced system, Train2Quit provides users the knowledge and confidence needed to effectively quit tobacco.



Get started with your quit plan today by calling one of the regional numbers shown on the map, or request educational materials and other resources about tobacco cessation, available online or by U.S. mail.

## Quit Plan and Calendar

You can create your own personal, step-by-step quit plan strategy, complete with a calendar to track progress and record the milestones of quitting. You will identify your own reasons for quitting, get tips on how to pick a quit date, find out how to overcome triggers, and rally support from friends and family.

## Live Chat to Answer Your Questions

You can get around-the-clock, personalized online support through QuitNet. You'll find live support from expert coaches and those who have quit or are quitting tobacco. Ask an expert a question at any time or join a real-time group chat with a coach. You also can get Quit Tips delivered regularly by e-mail.



Go to [www.ucanquit2.org](http://www.ucanquit2.org) Web site for all the tools and resources you need to quit and stay tobacco free.

## Calculator to Add Up Your Savings

See how much money you will save when you finally quit smoking or chewing tobacco. You'll be amazed and motivated when you see the amount of extra cash you would have if you weren't spending your hard-earned money on tobacco.

## Games to Overcome Cravings

Games are a great distraction when you crave that cigarette or chew. Since most cravings last only three to five minutes, you can play these fun games to help get you through those difficult moments, or just any time. The site features Texas Hold 'em Poker, Kiss Me You Fool, Forgotten Treasures, Word Challenge, and Avatar.

## Blogs, Articles, and More

DoD's [www.ucanquit2.org](http://www.ucanquit2.org) also provides information, news articles, podcasts, RSS feeds, widget updates, and special monthly features. Users have the opportunity to exchange information through the site's Quit Blog and electronic bulletin board or link to the campaign's Twitter, Facebook, MySpace, and YouTube pages.

### ***An Important Note about TRICARE Program Information***

*At the time of printing, this information is current. It is important to remember that TRICARE policies and benefits are governed by public law and federal regulations. Changes to TRICARE programs are continually made as public law and/or federal regulations are amended. **Military treatment facility guidelines and policies may be different than those outlined in this product.** For the most recent information, contact your TRICARE regional contractor, TRICARE Service Center, or local military treatment facility.*

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