

# QUIT TOBACCO.

## make everyone proud

[www.ucanquit2.org](http://www.ucanquit2.org)

*Having a hard time quitting smoking or tobacco use since getting back home? Are you busy balancing returning to home, family, and work and trying to quit?*

**Help is now available 24 hours a day / 7 days a week.**

*DoD and VA have now partnered so that Veterans can now use the Quit Tobacco website to get help to quit smoking or tobacco for good, including online tools, personalized quit plans and live chat services.*



**Are you ready to quit? Go to [www.ucanquit2.org](http://www.ucanquit2.org)**



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## ...Tips To Help You Quit Smoking

1. *Remember why you want to quit. List the reasons why you should quit and all the people you care enough about to quit for.*
2. *Talk with your VA primary care provider to find out what works and get a prescription for medications that are available at VA pharmacies. Using a medication, such as nicotine patches or gum can double your chance of success.*
3. *Set a quit date. Make it soon. Let friends and family know you will need their support.*
4. *On your quit date, get rid of all cigarettes or tobacco in your home, car, or workplace.*
5. *Get support and advice through the Quit Tobacco website [www.ucanquit2.org](http://www.ucanquit2.org) or other counseling and services. Decide what will work best for you.*



**We can help. Talk to your VA health care provider  
and visit [www.ucanquit2.org](http://www.ucanquit2.org) today**