

Quitting tobacco

Yes You can quit!

KAISER PERMANENTE NORTHWEST REGION • HEALTH EDUCATION SERVICES DEPARTMENT



Is it time to address your tobacco habit?

You already know that tobacco is bad for you, and you may have tried to quit several times before.

If you think of quitting tobacco as a single step, it can seem overwhelming. But quitting is usually a gradual process that occurs over time.

Quitting successfully depends on developing new skills and habits, using the lessons you've learned from past attempts.

Changing old habits is not easy and requires patience. It involves changing some behaviors. The following tips can help.

Tips that can help

Your Health Online: shortcuts to better health

kp.org/quitsmoking quitting smoking is one of the best things you can do for your health.

kp.org/breathe get free digital coaching from this HealthMedia program. It assesses where you are and what you need, then provides tailored tips, tools, and email messages to help you quit using tobacco.

kp.org/classes find programs, services, and products.

kp.org/health health encyclopedia.

kp.org/healthdecisions learn about health care decision options.

kp.org/healthyliving tools to help you live well.

kp.org/audio listen to or download free guided imagery podcasts.

kp.org/myhealthmanager email with your doctor for content in S

twitter.com/QuitandStayQuit
follow for motivation and tips to support your quit journey.

