



THE DAY I QUIT, I'll reach new heights.

The less you smoke, the more you live. >

## Wellness Tip—Make 2017 the Year You QUIT!

This year make your New Years resolution to quit tobacco and smoking. Smoking is the number **ONE** cause of preventable death in the United States. If you are a tobacco user who wants to quit, this year can be your chance to go tobacco-free!



### Simple Steps to Quit

1. Set a date.
2. Let your loved ones know so they can provide support.
3. List your reasons for quitting.
4. Learn your triggers.
5. Seek additional support and learn about your resources.
  - a. County insurance tobacco cessation benefits.
  - b. Visit your healthcare provider to receive counseling and nicotine replacement therapy (NRT).
  - c. Call the Colorado Quitline for free counselling and NRT.
  - d. Visit support websites or download quit help Apple or Android phone Apps.
  - e. Contact your worksite wellness health educator.

### Free Quit Resources

- [Colorado QuitLine](#) or call 1-800-Quit-Now
- [SmokeFree.gov](#)
- [BecomeanEx.org](#)
- [KilltheCan.org](#)

Phone Quit Apps

|   |                            |   |                  |
|---|----------------------------|---|------------------|
|  | Livestrong - My Quit Coach |  | Quit Pro         |
|  | Smoke Free—Quit Smoking    |  | This is Quitting |



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