



A Resource Guide to become smoke and tobacco free



SOUTH GEORGIA MEDICAL CENTER



Tobacco Cessation Resource Guide

Congratulations, on taking the first step to becoming smoking and tobacco free!

When you start your journey to a healthier you, change your routine

- Get Rid of ALL cigarettes and ashtrays in your home, car and workplace. Removing these things will help make it inconvenient.
- Establish your support group
- Stay AWAY from Smoking Areas
- Keep yourself busy and distracted
- Try to reduce everyday stress
- Stay hydrated!





Insurance Information

- Annual Limit of 2 Cycles of treatment (12 weeks per cycle) including Free Screening for Tobacco use
- Tobacco Cessation medication given by your doctor is covered!
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Covered Products- \$0 Copay

- Bupropion HCl
- Nicotine Branded products (Patches/inhaler/Spray/Gum/Lozenges)
- Chantix
- Varenicline Tartrate 0.5mg



Please note that this information-contained herein is for informational purposes only and does not guarantee payment. If you have any questions regarding your plan benefits, please contact your Human Resources team at (229) 259-4714 and speak to a benefits representative.



Additional Support

South Georgia Medical Centers supports a number of free and convenient resources to help tobacco users quit.

- The Georgia ***“Ready to quit”*** Line is available to all Georgia residents 24/7.
Call 1-877-270-STOP (877-270-7867)
- Online Program to help you quit tobacco is a click away.
www.EveryTryCounts.gov
- SGMC offers free smoking cessation classes to help you quit smoking. Classes are held throughout the year at our various campus locations. Please contact SGMC for additional information at (229) 433-1074.





20 Minutes

- Blood Pressure returns to normal
- Temperature in hands and feet return to normal

8 Hours

- Carbon Monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

48 Hours

- Nerve Endings Start re-growing
- Ability to taste and smell is enhanced

2- 12 Weeks

- Circulation Improves
- Breathing Improves
- Walking becomes easier

1-9 Months

- Coughing and Sinus Congestions decrease
- Shortness of breath decreases
- Overall energy increases
- Lungs increase ability to self-clean and reduce infection

1 Year

- Excess risk of coronary heart disease is half that of a smoker

5 Years

- Stroke risk reduced to that of a non-smoker
- Risk of Cancer of the mouth, throat, and esophagus is half that of a smoker.

10 Years

- Life expectancy comparable to a nonsmoker
- Lung Cancer death rate is about half the rate of a smoker
- Risk of Cancer of the mouth, throat, and esophagus, bladder, kidney, and pancreas decrease.
- Precancerous cells are replaced

15 Years

- Risk of Coronary heart disease comparable to that of a non-smoker



A quick tip to get you started:

Having a quit plan is the first step to success, While the road is not always smooth, being prepared for the bumps along the way will help you stay on course, avoid triggers, and through nicotine cravings.

While quitting is hard, it is possible, in fact, there are far more former smokers than current smokers in Georgia.

- Thousands of people quit smoking successfully every year.
- They break the chains of nicotine addiction and they leave smoking behind permanently.



Contact Us

Your Human Resource Department is available to support you in your smoking cessation plan. Please call us for resources, supportive counseling, or to answer your questions.

Human Resources

(229) 433-1000