



Within 20 minutes of your last cigarette, your heart rate and blood pressure will go down. After just one day, your risk of heart disease is lower. And in the weeks and months ahead, your circulation will improve and your lungs will get clearer and stronger.*

Want to quit smoking?

You can do this. And you *don't* have to do it alone.

Get even more support at
[anthem.com](https://www.anthem.com)

Log in and go to our *Health and Wellness* section for resources, tips and inspiration to help you quit.

Get more support than ever — at no cost to you!

You've made a great decision for your health, and now's the time when you need some support. Did you know that as a result of the Affordable Care Act, your health plan covers all brand, generic and over-the-counter (OTC) products approved by the Food & Drug Administration to help you quit smoking? And you can get these drugs at no extra cost to you!

Here's all you need to do:

1. **Ask your doctor** if one or more of the covered prescription drugs and/or OTC products will work for you. If so, you'll need to get a prescription for each one. (Yes, even the OTC products will need a prescription to be covered at no cost to you.)
2. **Go to your local retail pharmacy** in your plan to fill your prescription(s). You can check [anthem.com](https://www.anthem.com) for a list of pharmacies near you.
3. **Show the pharmacist proof** that you're at least 18 years old. If you're under 18, you may need to speak with your doctor to get your OTC product. By law, they can only be sold to people over 18.



If you have any questions about your health plan, call the Member Services number on your ID card. We're here to help!

* WebMD.com website. *What Happens to Your Body When You Quit Smoking?* (December 2016).

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