

**Plan Sponsored
Program**

1.866.939.4721

**ActiveHealth
Management**

motivating
MISSISSIPPI



keys to living healthy

**ADDITIONAL
RESOURCES**

**Tobacco Replacement
Medication Coverage**
KnowYourBenefits.dfa.ms.gov

MS Tobacco Quitline
1.800.QUIT.NOW
www.QuitlineMS.com

The ACT Center
601.815.1180
www.Act2Quit.com

STOP SMOKING START REPAIRING

Every cigarette you don't smoke is doing you good.

- Just one week after you quit smoking your sense of taste and smell improve.
- In 3 months your lung function increases by 30%.
- In 12 months your risk of heart disease is cut in half.
- In 5 years your risk of a stroke has dramatically decreased.

We want to help you live a healthier life by kicking the tobacco habit.

Smoking is the leading cause of preventable death in the United States. Save your life, don't smoke.

- 8 to 10 dips a day equals 30 to 40 cigarettes a day.



Dates to Remember:

February 1 - QUIT DAY!

Must be tobacco free going forward to be a non-tobacco user by May 1

May 1 - Deadline to submit Tobacco Use Attestation Form

July 1 - Tobacco Use Premium Surcharge begins