

Are You Ready To Quit Tobacco ?



Take advantage of your **health benefits** today!

TRICARE® Smoking Cessation

Program: www.tricare.mil/CoveredServices/IsItCovered/TobaccoCessationServices covers counseling and tobacco cessation products.

- TRICARE covers tobacco cessation counseling from TRICARE-authorized providers in the United States.
- Tobacco cessation products are covered through home delivery or at a military pharmacy.

<http://www.tricare.mil/CoveredServices/Pharmacy/FillPrescriptions/HomeDelivery>

Online Resources

- <https://www.ycq2.org/> has materials for personalized quit plans; 24/7 chat with cessation coaches.
- **Army Public Health Center Tobacco Free Living:** <https://phc.amedd.army.mil/topics/healthyliving/tfl/Pages/TFLEducation.aspx>
- **Centers for Disease Control Tips From Former Smokers:** <https://www.cdc.gov/tobacco/campaign/tips/index.html>
- **Performance Triad:** <https://p3.amedd.army.mil/>
- **smokefree.gov** <https://smokefree.gov/> offers free text messaging programs that give 24/7 advice and tips for becoming smokefree.



Tell your Provider to make a referral or call to participate in Tobacco Cessation Class. Classes are weekly from Tuesday at 1300-1430. You can call to enroll at 915-742-1343.

Army Public Health Nursing located at Hugo V. Mendoza Soldier Family Care Center 11335 SSG Sims St., Fort Bliss TX 79918, 2ND Floor. – Public Health Nursing

