

Keeping UP with Tobacco Cessation

UPHP has a program to help people with tobacco cessation. The program works with you and your doctor to:

- Provide educational materials.
- Promote self-management.
- Provide information about covered smoking-cessation services and medicines.



This program and the educational materials are free for our members who want to quit smoking or using tobacco products.



Upper Peninsula Health Plan
228 West Washington Street
Marquette, MI 49855

Web Site:
www.uphp.com

Phone:
1-800-835-2556
1-906-225-7500

Approved by the MDCH
March 2009.



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Marquette, MI 49855

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KNOW THAT YOU ARE DOING ALL YOU CAN TO TAKE GOOD CARE OF YOURSELF BY KEEPING UP WITH TOBACCO CESSATION!

Timing of Health Benefits *

After quitting for:

20 minutes

Blood pressure and heart rate return to normal.

8 hours

Oxygen levels return to normal. Nicotine and carbon monoxide (CO) levels are cut in half.

24 hours

CO is eliminated from the body. Your lungs start to eliminate mucus.

48 hours

Nicotine is eliminated from the body. Your sense of taste and smell improve.

72 hours

Breathing is easier. Your energy level increases.

2–12 weeks

Circulation gets better.

3–9 months

Lungs begin to work 10% better. Coughing and wheezing are reduced.

1 year

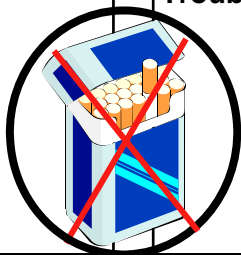
Your risk of heart attack is reduced.

10 years

Your chance of lung cancer is cut in half.

15 years

Your chance of a heart attack is the same as someone who never smoked.



Cope with Withdrawals †

Quick tips to beat withdrawal:

Feeling grumpy

Tell others it is a withdrawal syndrome. Go easy on yourself. Go for a walk.

Cough and sore throat

They are signs that your lungs and throat are clearing. Use cough drops. Sip warm tea.

Hunger

Eat low-fat snacks like fruit, popcorn, or pretzels. Suck on hard candy. Drink lots of water.

Dizziness and headaches

Get fresh air. Sit when you feel dizzy. Take a nap.

Hard time paying attention

Take a walk. Work in short bursts rather than for long periods. Get lots of sleep.

Constipation

Eat more fruit, veggies, and bran. Drink lots of water.

Restlessness

Go for a walk. Keep your hands busy. Avoid caffeine.

Trouble sleeping

Avoid caffeine. Get more exercise. Go to bed only when you are tired. If you cannot sleep, get up and read or do something you enjoy until you feel sleepy.

UPHP Tobacco Cessation Services

- 90 days of medicine therapy per calendar year
 - * Nicotine Patch
 - * Nicotine Gum
 - * Zyban (generic)
 - * Chantix (varenicline)
- Outpatient doctor office and local health department counseling on quitting smoking
- Free phone counseling: Michigan Tobacco Quitline
1-800-480-7848

NOTE

Pregnant women may not be able to take all medicines. Consult your doctor.

Please call if you:

- Have any questions.
- Want more information about the program.



UPHP Customer Service
1-800-835-2556