

What to expect when you quit smoking

So you've decided to stop smoking!
Great news!

You can take a few paths to become a non-smoker:

- Join a support group
- Quit "cold turkey"
- Take medicine
- Use nicotine patches

Getting past withdrawal

Nicotine may cause withdrawal symptoms when you attempt to quit. The longer you smoked, the tougher it may be to quit. Don't let this stop you from living a nicotine-free life.

You may lack patience or feel anxious after you first quit. It might be hard to focus. You could feel restless or sleepy. At first, you may get headaches or an upset stomach. Urges to smoke may be strong. Thankfully, these symptoms will likely fade. After the third day of quitting, the symptoms should improve.

Humana
Healthy Horizons®
in Louisiana

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Research has shown these methods may help:

- **Change daily habits**
 - Work on parts of your routine that trigger smoking
 - If you smoke after eating, do something else when you're done
 - Be aware of times you smoke without thinking – For instance, when the phone rings or turning on the TV
 - Work hard to change your habits
- **Stay busy**
 - Try a hobby
 - Chew gum, a toothpick, or carrots
 - Remind yourself that the urge will pass
 - Keep your mind and body away from smoking
- **Deep breathing**
 - This exercise helps you relax and relieves stress
 - Breathe deeply through the nose, then, breathe out of mouth slowly
- **Drink lots of water**
 - Water cleans your system and may help cravings

Exercise and diet: prevent weight gain and feel better

Gaining weight can happen after quitting smoking. Remind yourself quitting smoking is better than gaining a few pounds.

Why do people gain weight when they quit?

Here are some reasons:

- Your taste and smell may improve causing hunger
- Some people eat the wrong things when coping with cravings
- Stresses of quitting may cause you to eat more

If you're worried about weight gain:

- Eat more fruits, vegetables, and whole grains
- Exercise
 - Start slow and work up to a few days a week of exercise
 - Pick something you enjoy (e.g., biking, running, swimming, tennis, walking, etc.)
 - Have fun!
- Have healthy snacks on hand, to help you avoid junk food
- Include lean proteins and healthy fat, such as avocado or olive oil, in your diet
- Limit trans-fats and simple sugars

Talk to your doctor before starting any type of diet or exercise routine.

Reward yourself

Quitting smoking can be hard. Be proud of yourself! Don't forget to reward victories, such as by:

- Buying yourself a small gift
- Going to a movie or concert
- Sharing the reward with a supporter

Call If You Need Us

If you have questions or need help reading or understanding this document, call us at **1-800-448-3810 (TTY: 711)**. We are available Monday through Friday, from 7 a.m. to 7 p.m. We can help you at no cost to you. We can explain the document in English or in your first language. We can also help you if you need help seeing or hearing. Please refer to your Member Handbook regarding your rights.

Important!

At Humana, it is important you are treated fairly.

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- You may file a complaint, also known as a grievance:
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If you need help filing a grievance, call **1-800-448-3810** or if you use a **TTY**, call **711**.
- You can also file a civil rights complaint with the
U.S. Department of Health and Human Services, Office for Civil Rights
electronically through their Complaint Portal, available at
<https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or at **U.S. Department of Health and Human Services**, 200 Independence Avenue, SW, Room 509F, HHH Building, Washington, DC 20201, **1-800-368-1019, 1-800-537-7697 (TDD)**. Complaint forms are available at <https://www.hhs.gov/ocr/office/file/index.html>.

Auxiliary aids and services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

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Language assistance services, free of charge, are available to you. **1-800-448-3810 (TTY: 711)**

English: Call the number above to receive free language assistance services.

Español (Spanish): Llame al número que se indica arriba para recibir servicios gratuitos de asistencia lingüística.

Français (French): Appelez le numéro ci-dessus pour recevoir des services gratuits d'assistance linguistique.

Tiếng Việt (Vietnamese): Gọi số điện thoại ở trên để nhận các dịch vụ hỗ trợ ngôn ngữ miễn phí.

繁體中文 (Chinese): 您可以撥打上面的電話號碼以獲得免費的語言協助服務。

العربية (Arabic): اتصل برقم الهاتف أعلاه للحصول على خدمات المساعدة اللغوية المجانية.

Tagalog (Tagalog – Filipino): Tawagan ang numero sa itaas para makatanggap ng mga libreng serbisyo sa tulong sa wika.

한국어 (Korean): 무료 언어 지원 서비스를 받으려면 위 번호로 전화하십시오.

Português (Portuguese): Ligue para o número acima para receber serviços gratuitos de assistência no idioma.

ພາສາລາວ (Lao): ໂທຫາເບີໂທລະສັບຂ້າງເທິງ ເພື່ອຮັບບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາຝຣັ່ງ.

日本語 (Japanese): 無料の言語支援サービスを受けるには、上記の番号までお電話ください。

اُردُو (Urdu): مفت لسانی اعانت کی خدمات موصول کرنے کے لیے درج بالا نمبر پر کال کریں۔

Deutsch (German): Wählen Sie die oben angegebene Nummer, um kostenlose sprachliche Hilfsdienstleistungen zu erhalten.

فارسی (Farsi): برای دریافت تسهیلات زبانی بصورت رایگان با شماره فوق تماس بگیرید.

Русский (Russian): Позвоните по вышеуказанному номеру, чтобы получить бесплатную языковую поддержку.

ภาษาไทย (Thai): โทรไปที่หมายเลขด้านบนเพื่อรับบริการช่วยเหลือด้านภาษาฟรี