



If You Are Enrolled in a Medicaid Health Plan...

Did you know your Medicaid health plan offers rewards for finishing a **free program** that will help you stop using tobacco? Here is what you can expect through the program offered by your plan.

PHONE SUPPORT

GROUP SUPPORT

WEB SUPPORT

TEXTING

PATCHES, GUM, ETC.



Call your Medicaid health plan for more information on the services they offer to help you stop using tobacco.

If you need help finding contact information for your plan, call our Medicaid Helpline at **1-877-254-1055** or visit **www.ahca.myflorida.com /Medicaid**



Agency for Health Care Administration
2727 Mahan Drive
Tallahassee, FL 32308
www.ahca.myflorida.com

Department of Health
Tobacco Free Website
<http://tobaccofreeflorida.com>
[/quityourway](http://quityourway.com)

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AGENCY FOR HEALTH CARE ADMINISTRATION

INFORMATION TO HELP YOU

Stop Using Tobacco





Tobacco and Your Health

Tobacco use harms different parts of your body and causes **1 in 5 deaths** in the United States. When you quit the use of cigarettes, cigars and smokeless tobacco (sometimes called chew or dip), you lower your risk of getting tobacco related health problems.

Using Tobacco Increases the Chances of:

BREATHING PROBLEMS

HEART DISEASE

DIABETES

COUGHING

GUM DISEASE

EARLY DEATH



Health problems **don't** always come later.

Some can start as **soon** as you begin using tobacco.



Visit Your Primary Care Doctor

Good health starts with visiting your doctor. It is important for you to develop a relationship with your primary care doctor. This will allow your doctor to get to know you and talk with you about your health. He or she will help you understand your medical needs. This includes ways to stop using tobacco.



Advantages of Going to Your Primary Care Doctor **Instead of the Emergency Room** for Tobacco Related Health Issues



YOU WILL GET CARE FROM A **DOCTOR WHO KNOWS** YOUR HEALTH HISTORY



YOU WILL SPEND **LESS TIME** WAITING TO BE SEEN

For additional information, please visit the Department of Health's Tobacco Free Website <http://tobaccofreeflorida.com/quityourway>

