

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



PATCHES, GUM, ETC.

TEXTING

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 AGENCY FOR HEALTH CARE ADMINISTRATION









Tobacco use harms different parts of your body and causes 1 in 5 deaths in the United States. When you guit 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





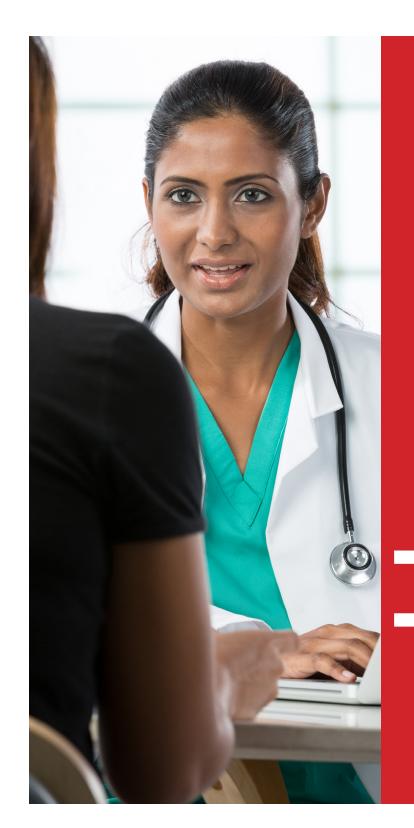
EARLY DEATH

GUM DISEASE

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 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