

Smoke Free for A New Beginning



800.508.2581

Smoking can complicate existing health issues such as asthma, diabetes, heart problems and respiratory problems.

Pregnant women who smoke can have low-birth weight babies who may be prone to certain health issues.

By quitting smoking, you could save \$2,500 per year. That's the amount the average smoker spends on cigarettes.

Talk to your doctor if you want to quit. It can be hard to quit smoking alone. You may be able to take classes that will help you quit smoking or get medication that will help you quit.

Call Member Services to find out if either of these options are covered through your benefits.

Please take this important step toward improving your health. Unison Health Plan wants to support you in this effort.

For more information and help with how to quit smoking, **CALL 1.800.QUIT.NOW.**



FOR MORE INFORMATION, call Care Management 1.800.508.2581 (TTY: 1.800.473.0989).



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Medicaid & Medical Assistance