

# You Can Quit Smoking Now

## Smoking is the leading cause of preventable death and disease in the United States.

It kills more than 480,000 Americans each year. With help, you can kick the habit. Do it for yourself and your loved ones.

### Tips to help you quit

If you have tried to stop smoking but did not stay smoke-free, please don't give up. Here are some tips to help you get back on track:

- Think about all the reasons you want to quit and write them down. Also, think about what you will be able to do with all the money you save by not smoking.
- Pick a date to quit smoking within the next two weeks. Make it a day when you will be less stressed, like on a weekend.
- Tell your family and friends you are quitting so they can encourage you not to smoke.
- If you know someone else who wants to quit smoking, try quitting together. You can encourage each other every day to stay smoke-free.
- Instead of smoking, keep yourself busy doing things you enjoy. This would be a good time to try a new exercise routine to keep the focus on health and well-being.
- Smokers who are ready to quit can also call PA's Quitline at **1-800-QUIT-NOW**.

### PerformCare® can help you

PerformCare Members are eligible for 70 tobacco cessation counseling sessions in a calendar year. Each session is 15 minutes of face-to-face counseling with a provider, either on your own or in a group. The provider must be approved by the Pennsylvania Department of Health. Call the PerformCare Member Services number for your county to find out about approved providers in your community.

You do not need a referral or prior approval to go to a counseling session. Tobacco cessation prescription drug services are also available. With a written prescription from your doctor, you may get products like medicine or nicotine patches to help you quit.

Source: Centers for Disease Control and Prevention.

This is to help you learn about your medical condition. It is not to take the place of your doctor. If you have questions, talk with your doctor. If you think you need to see your doctor because of something you have read in this information, please contact your doctor. Never stop or wait to get medical attention because of something you have read in this material.



### Member Services

#### Capital area:

Cumberland-Perry, Dauphin, Lancaster, and Lebanon counties

**1-888-722-8646**

#### North Central area:

Franklin and Fulton counties

**1-866-773-7917**

**Members can call Member Services 24 hours a day, seven days a week.**

**Usted puede llamar a Servicios al Miembro las 24 horas del día, los 7 días de la semana.**

For Members who are deaf or hard of hearing and use a TTY/TTD for communication, call the PA Telecommunications Relay Service at **711** or **1-800-654-5984 (TTY)** and call the PerformCare number you want.

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**This information is also available in Spanish. Contact us at 1-888-722-8646 to request a copy. Esta información está disponible en español. Contacte con nosotros en 1-888-722-8646 para solicitar una copia.**

**PerformCARE®**

## Discrimination is against the law

PerformCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. PerformCare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

PerformCare:

- Provides no-cost aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters.
  - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides no-cost language services to people whose primary language is not English, such as:
  - Qualified interpreter services.
  - Information written in other languages.

If you need these services, contact the PerformCare Member Services number for your county.

Capital Area (Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties)

Member Services: **1-888-722-8646**

TTY/TDD: **1-800-654-5984** or PA Relay **711**

North Central Area (Franklin and Fulton counties)

Member Services: **1-866-773-7917**

TTY/TDD: **1-800-654-5984** or PA Relay **711**

We are available 24 hours a day, 7 days a week.

If you believe that PerformCare has failed to provide these services or discriminated in any way on the basis of race, color, national origin, age, disability, or sex, you can file a complaint with PerformCare and send it to us at:

- PerformCare, 8040 Carlson Road, Harrisburg, PA 17112.
- You can file a complaint by mail, fax, or phone. If you need help filing a complaint, PerformCare Member Services is available to help you. Call the Member Services number for your county located above or fax to PerformCare at **717-671-6555**.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](http://ocrportal.hhs.gov/ocr/portal/lobby.jsf), or by mail or phone 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  
[www.hhs.gov/ocr/office/file/index.html](http://www.hhs.gov/ocr/office/file/index.html).

Multi-language interpreter services

## English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you. Call the Member Services number for your county.

**Spanish:** ATENCIÓN: si habla español, tiene a su disposición los servicios de asistencia lingüística sin costo alguno. Llame al número de Servicios al Miembro de su condado.

**Chinese Mandarin:** 注意：如果您说中文普通话/国语，我们可为您提供免费语言援助服务。请致电您在县的会员服务热线。

**Chinese Cantonese:** 注意：如果您使用粵語，您可以免費獲得語言援助服務。請致電您在縣的會員服務熱線。

**Vietnamese:** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số Dịch Vụ Thành Viên dành cho quận của bạn.

**Russian:** ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните по номеру телефона Member Services для вашего округа.

**Pennsylvanian Dutch:** Wann du Deitsch schwetzsch, kannscht du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff.

**Korean:** 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 귀하 카운티의 회원 서비스로 연락하십시오.

**Italian:** ATTENZIONE: nel caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero dei Servizi per i soci relativo alla propria contea.

**Arabic:**

ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم خدمة العملاء الخاص ببلدك.

**French:** ATTENTION : si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro des Services aux membres pour votre comté.

**German:** ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die Servicenummer für Mitglieder in Ihrem Land an.

**Gujarati:** સૂચના: જો તમે ગુજરાતી બોલતા હો, તો તમારા માટે ભાષા સહાયતા સેવાઓ નિ:શુલ્ક ઉપલબ્ધ છે. તમારી કાઉન્ટીના મેમ્બર સર્વિસીસ નંબર પર ફોન કરો.

**Polish:** UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer obsługi członkowskiej odpowiedni dla Twojego kraju.

**Haitian Creole:** ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele nimewo Sèvis manm pou konte w.

**Mon-Khmer Cambodian:** ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, អ្នកអាចប្រើប្រាស់សេវាជំនួយផ្នែកភាសាដោយមិនគិតថ្លៃ។ ចូរ ទូរស័ព្ទទៅកាន់លេខសេវាបម្រើសមាជិកសម្រាប់ប្រទេសរបស់លោកអ្នក។

**Portuguese:** ATENÇÃO: Se fala português, encontra-se disponível serviços de assistência linguística gratuitos. Ligue para o número de Serviços aos Membros do seu país.