WEEKLY WELLNESS TIP

Kick the habit with help

About 15 percent of adults in Washington state smoke and are at risk for serious health consequences. Most of them want to quit, and about 60 percent try each year. But quitting isn't easy. Those who are successful agree that it's a process that often takes more than one try.

Help is available with the Quit For Life® Program, available at no cost to eligible Group Health members. Smokers who follow this program increase their chance of success by five times over those who try to quit cold turkey. Visit the website at www.quitnow.net/GHC.

For non–Group Health members, the Washington State Quit Line offers support for both immediate and long-term needs and help overcoming common barriers. Any Washington state resident is eligible for at least one free call, toll-free at 1-800-QUIT-NOW.

This tip is provided by Group Health Physicians.
For information on all kinds of health topics,
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