

## Do you have questions?

Call our 24-hour Nurse Advice Line.  
We are here to help you.



**English:**  
**(888) 275-8750**

**Español:**  
**(866) 648-3537**

**TTY/TDD:**  
**711**

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All material in this brochure is for  
information only. It does not replace  
your provider's advice.

To get this information in other  
languages and accessible formats,  
please call Member Services. This  
number is on the back of your  
Member ID card.

**MolinaHealthcare.com**



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# Stop Smoking

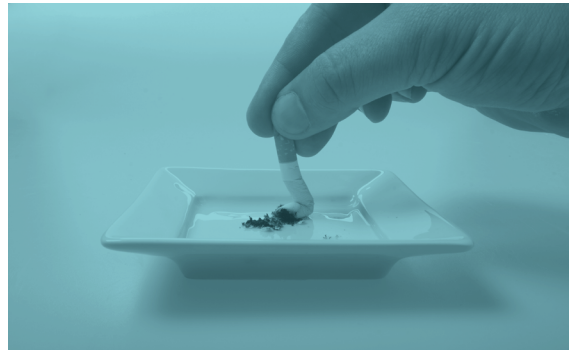
## Staying Healthy While You Are Pregnant

## How can you stop smoking?

- Decide that you WANT to stop smoking.
- Write down WHY you want to stop smoking. Keep this list with you at all times.
- Pick a stop smoking date and stick to it.
- On your stop smoking date, throw out all of your cigarettes, ashtrays, matches, lighters and anything else that is related to smoking.
- Ask your friends and family for support.
- Clean your house and car to remove the smoke smell.

## How can you stay smoke-free after your baby is born?

- Keep your list of reasons why you wanted to stop smoking with you at all times.
- Find ways to reward yourself for not smoking.
- Stay away from cigarettes.



- Avoid smoking “triggers,” such as boredom, alcohol or stress. Learn to deal with “triggers” without smoking.
- Think of yourself as a non-smoker.
- Stay away from secondhand smoke. It contains poisons that are a health risk for you and your baby.
- If you do slip and smoke another cigarette, review your list of reasons to stop smoking. This list can help you get back on track.

Give your baby a healthy start!

**If you smoke or vape, it is time to quit.**

**Call Kick It CA at (800) 300-8086  
or visit [www.kickitca.org](http://www.kickitca.org)**