

Do you have questions?

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



(800) 606-9880
TTY: 711

Distributed by Passport by
Molina Healthcare. 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.

PassportHealthPlan.com



Stop Smoking

Staying Healthy While You Are Pregnant



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.

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.

Give your baby a healthy start!

If you smoke, it is time to quit.

