

線上健康教練：根據您個人的吸菸習慣與需求量身訂做一套戒菸計畫。您會設定一個「戒菸日期」，然後以分階段方式戒菸。本計畫分為五個層級。您會收到如何戒菸的密訣、戒菸資訊並取得額外的互動工具，幫助您朝戒菸日期的目標前進。欲獲取本計畫資訊，登入 myuhc.com[®] 後，請先點選 **Health & Wellness** (健康與保健)，然後再按螢幕右邊 **Your Personal Health Center** (您的個人健康中心)。建議您開始本計畫前先在寫線上健康評估。登入 myuhn.com 後先點選 **Health & Wellness** (健康與保健)，然後再按 **Take a Health Assessment** 進行健康評估。

利用您的 **UnitedHealthcare 會員身分取得資源**。我們提供線上健康教練，只要下定決心，戒菸計畫、互動工具和健康與保健折扣都能助您一臂之力。

步驟可能有助於您永久戒菸：
您想戒菸就是跨出第一步。吸菸的習慣以及藥物尼古丁成癮，通常僅靠意志力是不夠的。下列幾個

該戒菸時

- 事實上，雪茄使用者可能需要花費一小時才能吸完一支大雪茄，其中菸草含量可能等於一包菸。
 - 即使雪茄使用者可能只吸為數不多的雪茄，不過雪茄含有與香菸一樣令人上癮、有毒且致癌的複合物。自殺和謀殺合計的死亡人數。
 - 每年因為吸菸致死的人數高於人類免疫不全病毒 (愛滋病毒)、使用非法藥物、飲酒、汽機車傷害、的風險幾乎比男性吸菸者多出一倍。
 - 疾病管制局 (Centers for Disease Control and Prevention) 的研究報告顯示，女性吸菸者罹患肺癌。如果您不是女性吸菸者，您不僅讓子女有遺傳氣喘的風險，您的孫子女也可能受影響。
 - 您可以更明智的使用該筆金錢，而且只要戒菸，您的健保、人壽和屋主 / 承租人等保險的保費就會降低。
 - 預估每位吸菸者每年吸菸的平均經濟成本是 \$3,391 (根據美國癌症協會報導)。
- 很多人都知道吸菸與心臟病、癌症及許多呼吸道疾病有直接關聯。* 不過，您知道吸菸會損害女性受孕的能力嗎？您知道吸菸和男性禿頭相關嗎？下列提供更多應該戒菸的理由：

該戒菸了？

吸菸與健康



Smoking and Your Health



Is it time to quit?

That smoking is linked directly to heart disease, cancer, and a slew of respiratory diseases is pretty widely known.* But were you also aware that smoking impairs a woman's ability to conceive? And that there is a correlation between smoking and baldness in men? Here are more reasons to quit smoking:

- The average economic cost of smoking is estimated to be approximately \$3,391 per smoker per year (as reported by the American Cancer Society).

You could use that money more wisely – and may see your health, life, and homeowner's/renter's insurance premiums drop once you quit.

- If you're a woman who smokes, you risk passing on asthma not only to your children, but your grandchildren, as well.
- Among smokers, women may have nearly double the risk of lung cancer as men, show studies reported by the Centers for Disease Control and Prevention.
- More deaths are caused each year by tobacco use than by human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides and murders combined.
- Even though cigar smokers may smoke few cigars, cigars contain the same addictive, toxic and carcinogenic compounds found in cigarettes. In fact, cigar smokers may spend up to an hour smoking a single large cigar, which can contain as much tobacco as a pack of cigarettes.

When it's time to quit

Your desire to quit is the first step. With the smoking habit and addiction to the drug nicotine, often sheer willpower is not enough. The following steps could help you quit for good:

Take advantage of your resources as a UnitedHealthcare member. We offer the Online Health Coach: Smoking Cessation Program, interactive tools and health and wellness discounts to help you once you decide to quit smoking.

- The Online Health Coach: Smoking Cessation Program is tailored to your individual smoking habits and needs. You'll set a "Quit Date" and begin a staged approach to quitting. This program features five levels. You will receive tips on how to quit, smoking cessation information and access to additional interactive tools to help you keep on track to your Quit Date. To access this program, log on to myuhc.com[®], click **Health & Wellness**, then **Your Personal Health Center** on the right side of the screen. We recommend that you complete the online health assessment before beginning this program. Log on to myuhc.com and click **Health & Wellness**, then **Take a Health Assessment** to get started.



Get ready to quit by picking a date to stop smoking.

Before that day, get rid of all cigarettes, ashtrays and lighters in your home, car and workplace. And make it a rule never to let anyone smoke in your home. Write down why you want to quit and keep this list as a handy reminder.

Get support and encouragement from your family, friends and coworkers. Let the people important to you know the date you will be quitting and ask them for their support. Ask them not to smoke around you or leave cigarettes out around you.

Learn new skills and do things differently. When you get the urge to smoke, try to do something different instead: talk to a friend, go for a walk, or do something you enjoy. Reduce your stress with exercise, meditation, hot baths or reading. It's helpful to plan ahead for how you will deal with stress or situations that trigger you to smoke. Have sugar-free gum or candy around to help handle your cravings. Drinking lots of water or other fluids can also help.

Get medication and use it correctly. There are medicines available to help you quit and lessen the urge to smoke. Nicotine gum and patches are available over-the-counter (OTC). Your doctor can help you decide what medication will work best for you. Don't forget to always talk to your doctor before taking any OTC medicines, especially when you are pregnant or if you have heart problems.

Be prepared for relapse. Most people relapse, or start smoking again, within the first three months after quitting. Don't get discouraged if this happens to you. Many people try to quit several times before quitting for good. Certain things or situations can increase your chances of smoking again, such as drinking alcohol, being around other smokers, gaining weight, stress or becoming depressed. Talk to your doctor for ways to help avoid or deal with these situations.

Don't hesitate to pay for help. Counselors and therapists offer highly effective classes designed to help people stop smoking. The modest fees will yield lifetime benefits. "You may not want to pay for a stop-smoking program, but if you're a typical smoker, you're going to pay somebody," Patricia Allison points out in her book, *Hooked but Not Helpless*. "Right now you're paying the cigarette companies anywhere from 60 to 100 dollars a month. What about the throat lozenges, special toothpaste, sinus medication, aspirin, nasal sprays, cleaning bills, and higher insurance rates? That's what smoking is costing you now. Eventually, you'll sadly be paying hospitals and surgeons. Doesn't it make sense to invest a modest sum now to save thousands of dollars in the future? Money spent to stop smoking is an investment—one of the best you will ever make."

For more information on smoking cessation programs, call the Customer Care number on the back of your ID card.

For more information about UnitedHealthcare's Asian American Markets, visit www.uhcasian.com.



*Sources (UnitedHealthcare is not affiliated with these authors or Web sites):

Centers for Disease Control and Prevention/Smoking and Tobacco Use, April 2008, http://www.cdc.gov/tobacco/data_statistics/Factsheets/cessation2.htm

American Cancer Society, What's so bad about Tobacco, http://www.cancer.org/docroot/PED/ped_10_1.asp?sitearea=PED

A breath of fresh air, <http://www.womenshealth.gov/QuitSmoking/index.cfm>

This information was prepared solely for general educational purposes. If you have specific questions about the topic(s) featured in this flier or about other health conditions, see your doctor.

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挑個戒菸日期，準備開始戒菸。在戒菸日期之前，丟掉家中、車內和工作場所中全部的香菸、菸灰缸和打火機，然後規定所有人都不准在家中吸菸。列出您想戒菸的原因，然後隨身攜帶提醒自己。

取得家人、朋友與同事的支持和鼓勵。讓至親好友知道您要開始戒菸的日期，請他們支持。要求他們不要在您附近吸菸，或在您的周圍置放香菸。

學習新技巧，改變做事的方法。當您有強烈的慾望想要吸菸時，可以試著做些不一樣的事：和朋友聊天、散步或做您喜歡的事。運動、冥想、泡澡或閱讀，減輕您的壓力。提前規劃好怎麼處理造成您想吸菸的壓力或狀況，可以幫助您戒菸。嚼食無糖口香糖或糖果，幫助您抵抗想要吸菸的慾望。飲用大量的水分或其他流質也可能有幫助。**取得藥品並正確使用。**有些藥品可以幫助您戒菸，減少吸菸的渴望。藥房 (OTC) 也銷售尼古丁口香糖和貼片。醫師可以幫您決定哪種藥品最適合您。服用任何非處方藥品之前，別忘了一定要與醫師討論，尤其是您懷孕或有心臟問題時。

做好故態復萌的準備。大多數人都會在戒菸後三個月內故態復萌，或者又開始吸菸。如果發生這種情況，請不要氣餒。很多人在成功戒菸之前都需要歷經多次努力。某些事情或情況，例如喝酒、周圍有人吸菸、體重增加或感到沮喪，都可能增加您再次吸菸的機會。請和醫師討論可以幫助避免或處理上述情況的方法。

不要不願意付錢取得協助。顧問和治療師提供專門設計用來幫助戒菸的課程，非常有效。支付些許的費用可以為您創造終生效益。Patricia Allison 在她的著作 *Hooked but Not Helped* 中指出：「您可能不想付錢參加戒菸計畫，不過，如果您是典型吸菸者，難免要付錢給別人。」現在，您每個月大約要付 60 至 100 元給某家菸草公司。何況還有喉片、特殊牙膏、鼻竇藥品、阿斯匹靈、鼻腔噴劑、清潔等費用以及更高的保險費率呢？這些是眼前您吸菸必須付出的代價；最終您還需支付醫院和外科醫師的費用。現在投資些許費用可以節省未來上千元開支，豈不是很划算？花錢戒菸是一種投資，而且是您有史以來最好的投資之一。」

如需更多關於戒菸計畫的資訊，請撥打您會員卡背面的客戶服務電話。

*資料來源 (UnitedHealthcare 與下述作者或網站並無關聯)：

疾病管制局 / 吸菸與使用菸草，2008 年 4 月。http://www.cdc.gov/tobacco/data_statistics/Factsheets/cessation2.htm
美國癌症協會：菸草的壞處。http://www.cancer.org/docroot/PED/ped_10_1.asp?stiearea=PED

吸一口新鮮空氣。http://www.womenshealth.gov/QuitSmoking/index.cfm
本資訊僅供一般教育之用。如果您有關於本傳單專題或其他健康狀況的特定疑問，請向醫師諮詢。

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