

Sample Newsletter Insert

On April 1st, 2009 the new Children's Health Insurance Program took effect. Four million new children will now have access to life saving health care and preventive medical services.

The Children's Health Insurance Program is paid for with an increase in federal tobacco excise taxes. With cigarettes and other tobacco more expensive now, a lot of tobacco users are thinking about quitting. This is a great way to get healthier and save money for you and your family. While quitting is hard, there are many ways to get help and make it a little easier. Medications are available as well as different counseling programs and support groups.

Talk to your doctor about quitting. He or she will be able to prescribe medication if it's right for you, and may be able to counsel you one-on-one. You can also reach your state's quitline by calling 1-800-QUIT-NOW. Most quitlines provide a counselor to talk to and can refer you to other programs in your state. Some quitlines also provide free or discounted medications.

The American Lung Association conducts quit-smoking programs across the country for adults and youth. Call 1-800-LUNG-USA to learn about their Freedom from Smoking[®] and Not on Tobacco (N-O-T[®], for teens) programs. You can also log on to www.ffsonline.org to get support over the web anytime, anywhere. If you are on Medicaid or a state employee, find out what your health plan covers to help you quit by visiting www.lungusa.org/cessationcoverage.