



Great American Smokeout



If you or someone you know is a smoker, the idea of quitting (or helping someone else to quit) has probably crossed your mind. Almost 70% of smokers want to stop smoking, and about 52% of them try to stop each year. The Great American Smokeout (GASO), sponsored by the American Cancer Society, takes place every year on the third Thursday of November. It was established to encourage smokers to not smoke on that day and to make plans to quit smoking for good.

Why not join others around the country and free yourself from smoking—starting today? Here are some resources to help you get started.

- The American Cancer Society - Great American Smokeout – <http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>
- Center for Disease Control – <http://www.cdc.gov/features/greatamericansmokeout/>
- Smokefree Women – <http://women.smokefree.gov/>
- Helping Friends or Family Members Quit – <http://www.cancer.org/healthy/stayawayfromtobacco/helping-a-smoker-quit>
- For assistance in Español – <http://espanol.smokefree.gov/>
- American Lung Association - <http://www.lung.org/stop-smoking/how-to-quit/getting-help/>
- Help Your Teen Quit Smoking - <http://www.mayoclinic.com/health/teen-smoking/TN00016>

Employees enrolled in a state health benefits plan are also eligible for a Smoking Cessation program. Go to <https://www.MyActiveHealth.com/cova> and log in to access these resources.