

# You're A Warrior: Ready & Resilient!

It can be tough to give up tobacco, but it's possible. Whether you have been thinking about it or have already set a quit date, there are a variety of proven resources to help you win the battle to quit tobacco and stay tobacco free.

## **TOBACCO COMPROMISES THE MISSION BY CAUSING:**

- Poorer muscular endurance and aerobic fitness<sup>1</sup>
- Poorer night vision<sup>2</sup>
- Delayed wound healing and increased risk for injuries<sup>2</sup>
- Decreased vigilance and cognitive function<sup>3</sup>
- MORE STRESS<sup>4</sup>



Quitting Tobacco is the  
**BEST** thing you can do for  
your physical health, fitness,  
and mission readiness!

## References

1. Feinberg, JH, Ryan, MAK, Johns, M, Marvin, BA, Reading, JE, & White, MR. (2015). Smoking cessation and improvement in physical performance among young men. *Military Medicine*, 180, p. 343-349.
2. Bray, RM, Spira, JL, Olmsted, KR, & Hout, JJ. (2010). Behavioral and occupational fitness. *Military Medicine*, 175, p. 39-55.
3. Jones, BH & Knapik, JJ. (1999). Exercise-related injuries in military populations. *Sports Medicine*, 27(2), p. 111-125.
4. Stein, RJ, Pyle, SA, Haddock, CK, Poston, C, Bray, R, & Williams, J. (2008). Reported stress and its relationship to tobacco use among U.S. military personnel. *Military Medicine*, 173, p. 271-277.

## **FOR MORE INFORMATION ON LOCAL RESOURCES, CONTACT:**

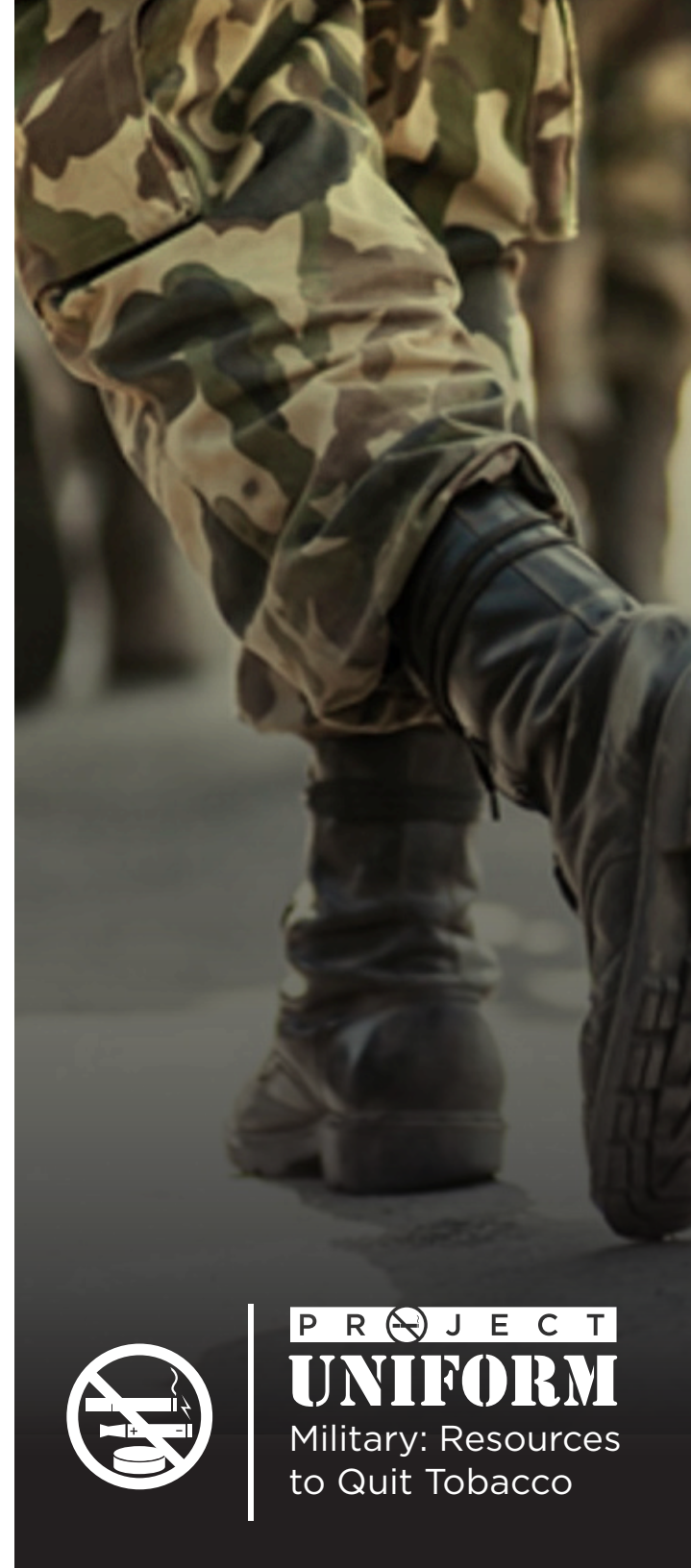
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Military: Resources  
to Quit Tobacco



# TRICARE Tobacco Cessation

Available in the U.S. to all beneficiaries age 18 and older. To help you quit tobacco, TRICARE covers:

- Tobacco cessation counseling from TRICARE-authorized providers
- Prescription and over-the-counter tobacco cessation products at no cost through a military pharmacy or home delivery.
- Talk to your primary doctor or dentist at your Medical Treatment Facility or BAS
- Visit your installations' Health and Wellness program.

For more information, visit:  
[www.tricare.mil/tobaccocessation](http://www.tricare.mil/tobaccocessation)

## Websites

### YOU CAN QUIT 2 :

Department of Defense offers an education campaign with resources, quit tips, and free access to 24/7 live chat. Visit [www.ycq2.org](http://www.ycq2.org)

### SMOKEFREE.GOV:

For quit resources, tools, tips, and 24/7 live chat and support, visit <https://smokefree.gov>

### TRUTH INITIATIVE:

Offers a Military Fact Sheet with information on smoking in the military and the history of the tobacco industry targeting our heroes.  
Visit: <https://truthinitiative.org>

# Telephone & Chat Counseling

Helpline counseling is free, easy, convenient, and has been proven to double your chances of quitting for good. Create a personalized quit plan, learn coping skills, and receive follow up calls from a tobacco treatment counselor.



1-800-300-8086  
1-800-844-CHEW

### FREEDOM QUITLINE:

1-844-I-AM-FREE\*

\*Must be enrolled in TRICARE

### CENTER FOR DISEASE CONTROL QUITLINE:

1-800-QUIT-NOW

# Texting Programs

### SMOKEFREEMIL

Offers a free texting program to help you quit, fight urges, and stay tobacco-free. Text MIL to 47848 or visit: [ycq2.org/resources/smokefreemil/](http://ycq2.org/resources/smokefreemil/)

### DIPFREETXT

A free text message service to help you ditch the dip. Text SPIT to 333888 or sign up at [smokefree.gov/become-smokefree/dipfreetxt-signup](http://smokefree.gov/become-smokefree/dipfreetxt-signup)

# Mobile Apps

Mobile apps offer helpful features like logging your smoking triggers, reminders to keep you motivated, and pointers on all kinds of quit smoking topics:



### NO BUTTS APP

Created by the Kick It CA hotline, this app uses proven help methods for quick and tailored cessation help.



### STAY QUIT COACH APP

Offers quit tips, tools to control cravings, help managing triggers, progress tracking, and highlights the health benefits, and money saved.



### QUITSTART APP

A free app that helps you quit smoking with tips, challenges, and cravings control.



### QUITGUIDE (Smokefree.gov)

A free app that helps you recognize smoking patterns and build skills to remain smoke-free.

### SMOKEFREE TEXT:

A free texting service that provides encouragement and advice. Text START to 47848 or sign up at [smokefree.gov/smokefreetxt](http://smokefree.gov/smokefreetxt).

### THISISQUITTING:

A free service from the Truth Initiative that offers advice for quitting JUUL or e-cigarettes. Text QUIT to 202-804-9884 or visit [www.thisisquitting.com](http://www.thisisquitting.com) for more information.