

HEALTH BEAT | AUGUST 2021

Cut out tobacco

GDBIW provides resources to help you kick your tobacco habit — for good.



Clear the air

Keeping your lungs healthy is important for your overall health. When you can breathe easily, it promotes oxygen flow in your body, decreases stress and lowers blood pressure.

Tobacco use, including smoking cigarettes, cigars, chewing tobacco and vaping, seriously harms your lungs and throat. You can lower your risk of cancer, heart disease, stroke, and other chronic conditions by quitting today.

Three ways to breathe easier:

- 1 Complete a tobacco cessation program.**
Download **2Morrow Health**, a free app available to all BIW employees through the Healthy Rewards program powered by Castlight*, or call the **Maine Quitlink** at 1-800-784-8669. BIW's **Fit for Life** health coaches can also develop a personalized quit-plan that works for you.
- 2 Increase your chances of quitting for good.**
If you're having trouble quitting on your own, consider using a **tobacco cessation medication**. Fit for Life health coaches can provide you with free, over-the-counter Nicotine Replacement Therapy (NRT), such as patches and gum. Additionally, GDBIW medical plans also cover tobacco cessation products at no cost to you. Call Fit for Life at 207-442-3145 to learn more.
- 3 Think about your loved ones.**
If you smoke around family and friends, they are exposed to the harmful effects of tobacco, too. Secondhand smoke increases the risk of cancer and heart disease. **Quitting will help protect your loved ones.**
If you don't use tobacco, but care about someone who does, let them know there are many free resources to help them quit.

Feel better — fast.

When you quit smoking, you'll feel the benefits **immediately**. After:

- **1 hour** the heart rate returns to normal
- **1 day** the risk of heart attack decreases
- **1 month** lung capacity improves
- **1 year** the risk of heart disease drops by 50%



Source: medicalnewstoday.com

Stressed about quitting?

Life365 can help! Counselors can provide you techniques to help you manage your stress while you work on quitting tobacco.

You have access to eight free sessions per issue, per year.

Call **877-622-4327** or go to **myCigna.com**.

If you do **one** thing in August, consider a tobacco cessation program for you or a loved one who uses tobacco products. Call **1-800-784-8669** or Fit for Life at **207-442-3145**.

* Go to mycastlight.com/general-dynamics or text **APP** to **35925** to get a link to download the Castlight Mobile app to access 2Morrow Health. Message and data rates may apply.