

# e+HOUSECALL

YOUR MONTHLY GUIDE TO HEALTHCARE AWARENESS



## Improve your health by quitting smoking or vaping

You're never too young or too old to stop smoking or vaping. If you've tried before without success, you're not alone. Nicotine, the drug in cigarettes and e-cigarettes, is highly addictive. But having a plan can help you quit for good.

[Read more ►](#)



## The basics of smoking, and how to quit

Quitting smoking is one of the most important things you can do for your health. The sooner you quit, the sooner your body can start to heal. You'll feel better and have more energy to be active with your family and friends. The U.S. Department of Health and Human Services has information and resources to help you quit.

[Learn more ►](#)



## Quick tips for how to quit

Quitting smoking is hard. When you're ready to stop smoking or vaping, here are some of our top tips to help you on the path to success.

[Watch the video and learn more ►](#)