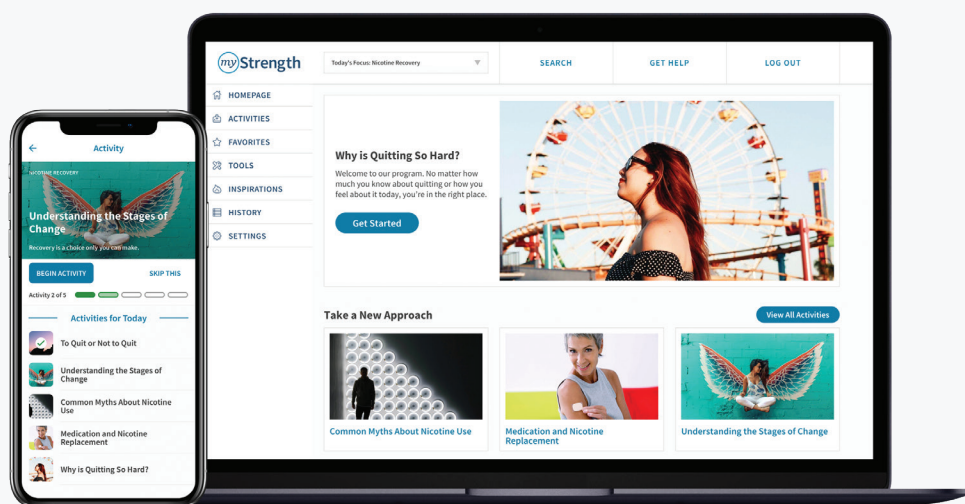


TOOLS TO SUPPORT NICOTINE RECOVERY



In the U.S., smoking is the #1 preventable cause of death. It affects every organ in the body.¹ And the long-term side effects of vaping products (or e-cigarettes) are unknown. We do know that nicotine is the main ingredient in smoking products.² Most smokers want to quit, but nicotine makes the process hard.³

myStrength's Nicotine Recovery program encourages people to make healthy changes. Our tools offer support to let go of dependence on cigarettes, smokeless tobacco, vaping products, and more. We can help inspire action with customized plans for quitting. myStrength is here to build hope and help people overcome any shame or guilt tied to nicotine use.



myStrength Offers:

- A non-judgmental, positive approach to recovery
- Tools for any stage of quitting
- Personalized planning based on triggers, lifestyle, and more
- Stories of hope from those in recovery

SIGN UP TODAY

1. Visit www.myStrength.com and click on "Sign Up."
2. Enter the **Access Code** marked below.
3. Complete the myStrength sign-up process and personal profile.

JeffersonCounty

Go Mobile! Download the **myStrength** mobile app, log in, and get started today.

myStrength

is presented by



¹ CDC. Health Effects of Cigarette Smoking. Atlanta: CDC; 2018. Available at: https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/index.htm. Accessed August 19, 2019.

² Raven, K. Your Teen Is Underestimating the Health Risks of Vaping. Yale Medicine. <https://www.yalemedicine.org/stories/teen-vaping/>. Accessed August 18, 2019.

³ Black J. Evidence base and strategies for successful smoking cessation. Journal of Vascular Surgery. 2010;51(6):1529-1537. doi:<https://doi.org/10.1016/j.jvs.2009.10.124>.

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