



Roadmap to Wellness

Whole Health Newsletter

November 2020

Monthly Healthy Living Message

Be Tobacco Free

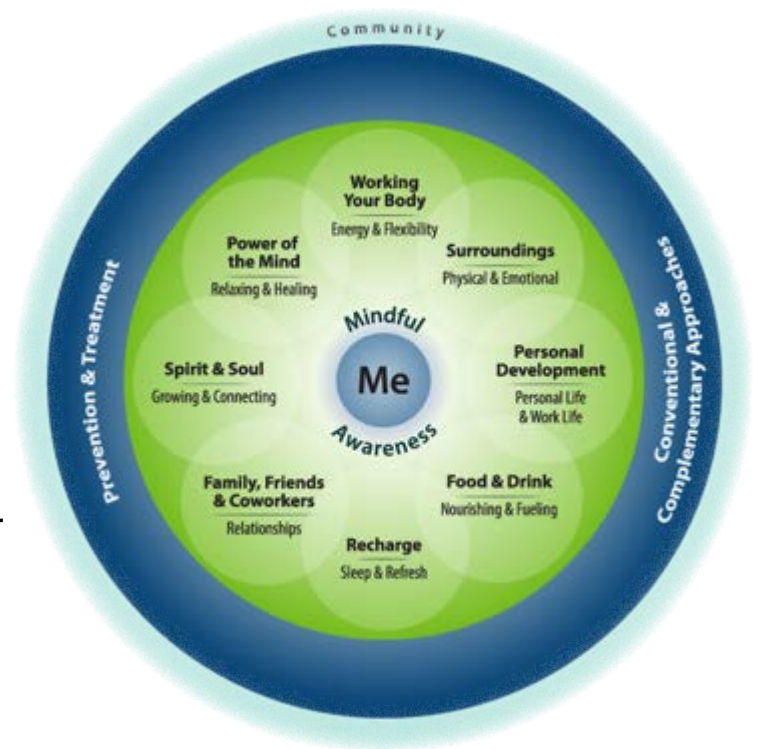
Message to Veterans

Quitting tobacco remains the single most important health behavior change one can make for your health and protect your family's health as well. The VA has a lot of resources to help you quit for good. It's never too late to quit-your health will improve at any age after quitting tobacco!

Tobacco use is the largest cause of preventable illness and death in the US. Many good things happen as soon as you quit. You'll breathe easier, save money, smell better, and have more energy.

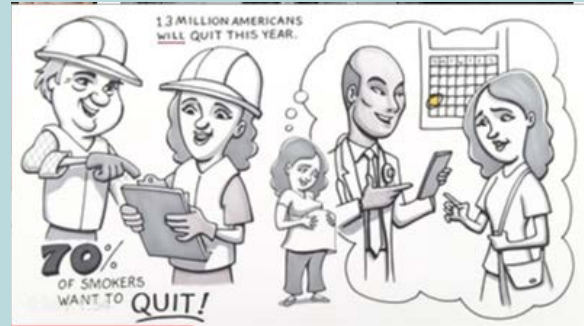
This newsletter will provide you with helpful tools to support your journey towards a safer and healthier lifestyle.

*-Jessica House, RN
Veteran Health Education Coordinator*



Watch this Video

Tobacco Free



Classes and Programs

Education Corner

Be Tobacco Free Veteran Handout

Click Below

Be Tobacco Free



Be Tobacco Free

- ★ What's Important to Know?
- ★ Want to Know More?
- ★ Resources



Want to Know More?

Talk with your VA health care team about help with quitting tobacco. They can provide medications, tips, tools, behavioral counseling and support. They can also help you join other Veterans in a class led by your hospital's expert in quitting smoking.

More Resources

Quit VET is a national, toll-free smoking cessation quitline.

Call 1-855-QUIT VET
(1-855-784-8838) Monday- Friday
9am – 9pm ET

[SmokefreeVET](#) — A mobile text message smoking cessation service. Visit the website or text the word VET to 47848 from your mobile phone.

[VA Tobacco & Health Website](#)

[Stay Quit Coach](#) — a free mobile app to support quitting smoking and staying quit.

More Information:
Call Dr. Trevor Grice:
Health Behavior Coordinator
and Tobacco Cessation
Coordinator
Ext. 12454

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Click Here: [Questions](#)