

16 MILLION AMERICANS
HAVE DISEASES CAUSED BY TOBACCO

It's a #NewYear #NewMe **TOBACCO FREE**

QUIT TOBACCO
TRICARE.mil/UCanQuit2

“NEW YEAR, NEW ME, TOBACCO FREE!”

You may have noticed some New Year’s content on UCanQuit2’s social media channels centered around the theme “New Year, New Me, Tobacco Free.” A New Year is the perfect time to quit tobacco! Be sure to share this content on your installation’s social media pages this month and send out your own messages using the image attached in your email (pictured above) and the text below:

“When you quit tobacco, almost every part of your body experiences positive effects. Take the first step. It’s a #NewYear #NewMeTobaccoFree”

“Let’s change the statistic. You can make it one less than 16 million. It’s a #NewYear #NewMeTobaccoFree”

THE CAMPAIGN

- ▶ **UCanQuit2 relaunched its [24/7 live chat feature](#) on its website in late October.** Encourage Military Service members to use the chat feature for valuable information and resources on quitting tobacco, cravings, withdrawal, medication, healthy alternatives and more.
- ▶ **Though UCanQuit2 is on the TRICARE website, it is not a TRICARE-managed program and not exclusive to TRICARE beneficiaries.** Encourage all tobacco users and those who support them to explore [UCanQuit2](#) for help quitting tobacco.
- ▶ **Bulk ordering for UCanQuit2 is temporarily down**, but we are hard at work getting it up again. To be notified when the ordering system is back up, [email us](#).

THE LATEST IN TOBACCO



UCanQuit2 participated in the [Great American Smokeout](#) on November 16th.

Visitors were excited to grab some UCanQuit2 resources to help themselves and others quit tobacco. Thank you for supporting the campaign. You are making a difference!

ONE LAST THING



The cold months after the holiday season can be a tough time for Military Service members away from family and friends. Remind Military Service members of [techniques to cope with these emotions](#) besides tobacco use.



Share how you use our materials to promote tobacco cessation on your installation.

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