



## SMOKING MYTHS MAY BE HOLDING YOU BACK

Smoking has countless negative health effects but finding motivation to quit can be hard when there are myths that make quitting seem harder than it is. Check out these common myths and the truths behind them.



QUITTING IS EXPENSIVE.



SMOKING IS AN EXPENSIVE HABIT THAT CAN COST THOUSANDS ANNUALLY. YOU MAY ALSO HAVE ACCESS TO REDUCED COST SMOKING CESSATION TOOLS.



SMOKING ONLY HARMS YOU.



SECONDHAND SMOKE CAUSES OVER 40,000 DEATHS IN NONSMOKERS ANNUALLY.



YOU CAN'T DO IT.



IT MAY TAKE SEVERAL TRIES, BUT QUITTING IS POSSIBLE, ESPECIALLY WITH HELP.



Learn more helpful tips about starting your tobacco cessation journey today by visiting [mycare.sharecare.com](https://mycare.sharecare.com).

