



You say you could quit anytime
But the truth is it might be harder than you think

How a habit becomes an addiction


When you use tobacco products, the nicotine triggers your brain to release adrenaline, giving you a buzz of pleasure and energy. Over time, our bodies build a tolerance to nicotine, making it harder to get that pleasant feeling back. And the withdrawal people feel between cigarettes keeps them smoking even when they want to quit.

Find more in the **health center** on **umr.com**

Call us today at 800-207-7680 to get help quitting or reducing your use of nicotine products.

SOME TRIGGERS CAN MAKE IT HARDER TO QUIT

Use the QR code below to view more information



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