What does health reform require of individuals, businesses, and health insurance companies starting in January 2014?

- Guarantee Issue: Health insurance companies are required to offer health insurance to anyone seeking coverage regardless of pre-existing medical condition. This is called “guarantee issue.”
- Individual Mandate: Individuals are required to purchase qualifying health insurance. This is called the “individual mandate.”
- Federal Tax Credits Available Through California Health Benefit Exchange: Individuals with incomes up to 400 percent of the federal poverty level (approximately $89,400 for a family of four in 2011) and small businesses with 25 full-time equivalent employees or less are eligible for federal tax credits through the California health Benefit Exchange to help purchase affordable insurance.
- Medi-Cal Expansion: Eligibility in the Medi-Cal program will expand to people with incomes up to 138 percent of the federal poverty level, approximately $30,843.

Federal poverty level (approximately $89,400 for a family of four in 2011) and small businesses with 25 full-time equivalent employees or less are eligible for federal tax credits through the California health Benefit Exchange to help purchase affordable insurance.

Health Reform and You

Here are some key requirements and opportunities:

- Premiums may rise in California, covering most of the 7 million uninsured will occur through the Medi-Cal expansion, and the available tax credits to purchase coverage through the California health Benefit Exchange to help purchase affordable insurance.
- Preventing Mold and Mildew: Moisture may be great in a meadow after the rain, but in your home, moisture can be a recipe for mold and mildew. These fungi can grow on just about any object that is exposed to water. In most cases, you will be able to either spot or smell them on the surface of an object. Mold can cause major problems in people with asthma. Healthy people can suffer from reactions to mold. In rare cases, you will be able to either spot or smell them on the surface of an object. Mold can cause major problems in people with asthma. Healthy people can suffer from reactions to mold. Mildew reactions can range from a stuffy nose to eye irritation, wheezing, or skin irritation. The best way to prevent the growth of these fungi is to control moisture. You can control moisture in your home by doing the following:
  - When showering, open a window or turn on the fan to pull moisture out of the room.
  - When showering, spread out the shower curtain to drip dry.
  - When washing, use the stove's overhead fan or open a window to release steam.
  - Keep closet doors open to air out clothes.

- Preventing MOLD AND MILDEW: Preventing mold and mildew is essential for maintaining a healthy home. Moisture may be great in a meadow after the rain, but in your home, moisture can be a recipe for mold and mildew. These fungi can grow on just about any object that is exposed to water. In most cases, you will be able to either spot or smell them on the surface of an object. Mold can cause major problems in people with asthma. Healthy people can suffer from reactions to mold. Mildew reactions can range from a stuffy nose to eye irritation, wheezing, or skin irritation. The best way to prevent the growth of these fungi is to control moisture. You can control moisture in your home by doing the following:
  - When showering, open a window or turn on the fan to pull moisture out of the room.
  - When showering, spread out the shower curtain to drip dry.
  - When washing, use the stove’s overhead fan or open a window to release steam.
  - Keep closet doors open to air out clothes.

- Quitting smoking at any age can make a big difference in the lives of many smokers and the people around them. People who have not developed severe complications from smoking do not have to wait a year or more to improve their health. Quitting within a few weeks or months after quitting can reduce the risk of heart disease by 90 percent. Quitting smoking at any age can make a big difference in the lives of many smokers and the people around them. People who have not developed severe complications from smoking do not have to wait a year or more to improve their health. Quitting within a few weeks or months after quitting can reduce the risk of heart disease by 90 percent.

- Tobacco Free Project’s website at www.stopsmoke4freesmoke.org to find resources and learn more about their free Stop Smoking classes. The San Francisco Department of Public Health’s Community Health Promotion and Prevention Branch has been providing cessation, or quitting services for smoking, since 1990 and serves the greater San Francisco community.

- Health Promotion and Prevention Branch has been providing cessation, or quitting services for smoking, since 1990 and serves the greater San Francisco community.

- Reach your health care provider to help you quit smoking or talk to a friend, family member, or co-worker. Quitting smoking at any age can make a big difference in the lives of many smokers and the people around them. People who have not developed severe complications from smoking do not have to wait a year or more to improve their health. Quitting within a few weeks or months after quitting can reduce the risk of heart disease by 90 percent.

- Remember, if you do not renew before your anniversary date, you will no longer receive services from Healthy San Francisco.

- When you renew, call your renewal location 1-800-543-7681 before your anniversary date. Please remember to bring these documents on the day of your appointment:
  - Picture ID
  - Insurance card
  - Proof of address
  - Proof of income
  - First 30 days of your current photo ID
  - Proof of savings (bank statements)

- Renew on Time: When you renew, call your renewal location 1-800-543-7681 before your anniversary date. Please remember to bring these documents on the day of your appointment:
  - Picture ID
  - Insurance card
  - Proof of address
  - Proof of income
  - First 30 days of your current photo ID
  - Proof of savings (bank statements)

- If you live in the San Francisco area and need help quitting, go to the Tobacco Free Project’s website at www.stopsmoke4freesmoke.org to find resources and learn more about their free Stop Smoking classes. The San Francisco Department of Public Health’s Community Health Promotion and Prevention Branch has been providing cessation, or quitting services for smoking, since 1990 and serves the greater San Francisco community.
Welcome to HeartBeat, your Healthy San Francisco newsletter

As always, don’t forget to renew with Healthy San Francisco online at www.healthysanfrancisco.org.

As you know, Healthy San Francisco is as concerned about caring for you when you’re sick as it is about keeping you healthy. Recently, the federal government released the National Prevention Strategy and the National Strategy for Quality Improvement in Health Care. The Prevention Strategy is a plan for better health and wellness - it’s about improving health through prevention. The Quality Strategy is an effort to improve the quality of health care. Both these plans are important parts of the national health reform signed by President Obama.

Healthy San Francisco strives to promote both of those plans every day in delivering services to participants. In this issue of HeartBeat, we take prevention from the national level to the local level.

We start with the health risks in smoking.

You may be surprised to learn that smoking causes more deaths each year than deaths from HIV, drug use, alcohol use, car injuries, suicide, and murder combined. Smoking causes heart disease, cancer, respiratory disease, and many reproductive and early childhood problems.

Smokers who continue to smoke can’t be helped, in the issue we talk about the new health warnings that may be on all cigarette packages and advertisements in the United States. We also offer ways from the SmokeFree Project to live smoke-free. If quitting smoking is one of your New Year’s resolutions, then we have tips to help you stay on track.

We also highlight things you can do to keep your heart healthy, prevent and remove mold and mildew from your home, and reduce your stress. We discuss the human papillomavirus disease, cancer, respiratory disease, and many reproductive and early childhood problems.

Human papillomavirus (HPV) is the most common sexually transmitted infection in the United States. Usually, HPV has no symptoms, so people do not know they have it. There are many different types of HPV. Some types can cause cervical cancer in women and other kinds of cancer in both men and women. Other types of HPV can cause genital warts. HPV can also go away on its own, without causing health problems.

What is HPV?

• Exhale through your mouth. Tighten your abdominal muscles as you exhale.
• Sit or lie down with your back straight. Put one hand on your chest and your other hand on your stomach.
• Inhale slowly through the nose, allowing your chest to rise.
• Breathe in through your nose.
• Exhale through your mouth. Tighten your abdominal muscles as you exhale.
• Continue breathing in and breathing out until you feel refreshed.

Here’s how you can get the most out of deep breathing:

Time for Me

While you’re not likely to forget about your sweetheart this Valentine’s Day, you may forget that your heart needs love, too. After all, your heart does beat for you.

So what’s on your heart’s wish list? Certainly not chocolate or flowers because they won’t help you keep your heart healthy and happy all year long. This Valentine’s Day, and for death and years beyond, try these healthy heart tips instead.

• Don’t smoke or use tobacco products.
• Exercise for 30 minutes or more on most days of the week.
• Cook room temperature meals with lots of fresh ingredients.
• Maintain a healthy weight for your height.
• Get regular health screenings each year.
• Eat less salt.
• Think of positive thoughts to reduce stress.
• Get more sleep.
• Drink water.

Make Your Resolution Stick

Making an ambitious, life-changing resolution is hard enough. Starting in the middle of winter seems cruel. Polls show that 35 percent of people who make New Year’s resolutions never start them. Here are some tips to help you make your resolution stick.

• Be realistic. Create a goal that’s attainable. Resolving never to eat your favorite food again is difficult. Try “I’m only going to have one cookie a day.”

• Start slowly. Don’t make three resolutions. Choose the one most important to your health.

• Tell people you know, family and friends will provide support and encouragement.

• Reward yourself. Do the best you can each day. Observing over eating ice cream or missing a workout won’t help.

• Keep trying. It takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. If you have stopped, don’t worry. Just start over.

“Sit back and relax” is good advice, but it can be difficult to find the time to sit back long enough to actually reach a state of relaxation. Taking time to relax is important because life can be difficult to find the time to sit back long enough to actually reach a state of relaxation. Taking time to relax is important because life...
Welcome to HeartBeat,
your Healthy San Francisco newsletter

As you know, Healthy San Francisco is as concerned about caring for you when you're sick as it is about keeping you healthy.

Recently, the federal government released the National Prevention Strategy and the National Strategy for Quality Improvement in Health Care. The Prevention Strategy is a plan for better health and wellness—it's about improving health through prevention. The Quality Strategy is an effort to improve the quality of health care. Both these plans are important parts of the national health reform signed by President Obama.

Healthy San Francisco strives to promote both of these plans every day in delivering services to participants. In this issue of HeartBeat, we take prevention from the national level to the local level.

We start with the health risks in smoking.

You may be surprised to learn that smoking causes more deaths each year than deaths from H1N1, drug use, alcohol use, car injuries, suicide, and murder combined. Smoking causes heart disease, cancer, respiratory disease, and many reproductive and early childhood problems.

Smoking from smoking can be prevented in the issue we talk about the new health warnings that may be on all cigarette packages and advertisements in the United States. We also offer ways from the Stance Free Project to live smoke-free. If quitting smoking is one of your New Year's resolutions, then some tips to help you stay on track.

We also highlight things you can do to keep your heart healthy, prevent and remove mold from your home, and get moving to reduce stress. We discuss the human papillomavirus (HPV) and the vaccine for this sexually transmitted disease.

As always, don't forget to renew with Healthy San Francisco every year—reminders are coming your way for your health.

[ HPV vaccine recommendations and important information ]

[ Heart health tips and activities that can be easily added to your day. ]

So how do you find time to relax? Deep breathing is one relaxing activity that can be easily added to your day. This type of breathing involves taking deep breaths from your abdomen to get more oxygen into your lungs. When your body is in fresh air, you can feel less stressed.

HERE’S HOW YOU CAN GET THE MOST OUT OF DEEP BREATHING:

• Sit or lie down with your back straight. Put one hand on your chest and the other hand on your stomach.
• Breathe in through your nose.
• Exhale through your mouth. Tighten your abdominal muscles as you exhale.
• Continue breathing in and breathing out until you feel refreshed.

As you know, Healthy San Francisco is as concerned about caring for you when you're sick as it is about keeping you healthy.

[ Heart health tips and activities that can be easily added to your day. ]

Make Your Resolution Stick

While you’re not likely to forget about your sweetheart this Valentine’s Day, you may forget that your heart needs love, too. After all, your heart does beat for you.

So what’s on your heart’s wish list? Certainly not chocolate or flowers because they won’t do much good if it comes to keeping your heart healthy and happy all year long. This Valentine’s Day, and for the rest of the year, follow these healthy heart tips instead.

[ Tips for making your New Year’s resolutions stick. ]

[ Heart health tips and activities that can be easily added to your day. ]

Year’s resolutions, then we’re here to help you stay on track!
Welcome to HeartBeat, your Healthy San Francisco newsletter

As you know, Healthy San Francisco is so concerned about caring for you when you're ill or as it is about keeping you healthy. Recently, the federal government released the National Prevention Strategy and the National Strategy for Quality Improvement in Health Care. The Prevention Strategy is a plan to improve health and well-being. It's a blueprint for improving health through prevention. The Quality Strategy is an effort to improve the quality of health care. Both these plans are important parts of the national health reform signed by President Obama. Healthy San Francisco strives to promote both of these plans every day in delivering services to participants. In this issue of HeartBeat, we take prevention from the national level to the local level.

We start with the health risks in smoking.

You may be surprised to learn that smoking causes more deaths each year than deaths from HIV, drug use, suicide, violence, and murder combined. Smoking causes heart disease, cancer, respiratory disease, and many reproductive and fetal health problems. Deaths from smoking are prevented in the U.S., we talk about the health warning of a postcard that may be on all cigarette packages and advertisements in the United States. We also offer ways from the Tobacco Free Project to live smoke-free. If quitting smoking is one of your New Year’s resolutions, then come here to help you stay on track!

We take prevention from the national level to the local level.

We discuss the human papillomavirus (HPV) and the vaccine for this sexually transmitted disease. Usually, HPV has no symptoms, so people do not know they have it. There are many different types of HPV. Some types can cause cervical cancer in women and other kinds of cancer in both men and women. Other types of HPV can cause genital warts. HPV can also go away on its own, without causing health problems. The Gardasil® HPV vaccine targets types of HPV that most often cause cervical cancer and genital warts. This vaccine is recommended for girls and boys ages 9 to 26 years. It’s best to get this vaccine before your first sexual contact. Check to see if your Medical Home offers the vaccine.

Time for Me

"Sit back and relax" is good advice, but it can be difficult to find the time to sit back long enough to actually relax. Taking time to relax is important because life is filled with stress. Unhealthy stress, the kind that makes your body work too hard, can wear you down.

So how do you find the time to relax? Deep breathing is one relaxing activity that can be easily added to your day. This type of breathing involves taking deep breaths from your abdomen to get more oxygen into your lungs. When your body is filled with fresh air, you can feel less stressed.

HERE’S HOW YOU CAN GET THE MOST OUT OF DEEP BREATHING:
• Sit or lie down with your back straight. Put one hand on your chest and one hand on your stomach.
• Breathe in through your nose.
• Breathe out through your mouth. Tilt your abdominal muscles so they relax.
• Continue breathing in and breathing out until you feel refreshed.

While you’re not likely to forget about your sweetheart this Valentine’s Day, you may forget that your heart needs love, too. After all, your liver does beat for you.

So what's on your heart's wish list?

• Think of positive thoughts to reduce stress.
• Exercise for 30 minutes or more on most days of the week.
• Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
  • Get more sleep
  • Think of positive thoughts
  • Eat less salt
  • Get regular health screenings each year
  • Maintain a healthy weight
  • Exercise for 30 minutes or more
  • Don't smoke or use tobacco products
  • Eat heart tips instead:
Health Reform
and You

What does health reform require of individuals, businesses, and health insurance companies starting in January 2014?

Here are some key requirements and opportunities:

- Guarantee Issue: Health insurance companies are required to offer health insurance to anyone seeking coverage regardless of a pre-existing medical condition. This is called the “guarantee mandate.”
- Individual Mandate: Individuals are required to have qualifying health insurance.
- Federal Tax Credits Available Through California Health Benefit Exchange to help purchase affordable insurance.
- Medi-Cal Expansion: Eligibility in the Medi-Cal program will expand to people with incomes up to 138 percent of the federal poverty level, approximately $30,843. In California, covering most of the 7 million uninsured will occur over the next decade. In 2011, small businesses with 25 full-time equivalent employees or less are eligible for federal tax credits through the California health benefit exchange.
- Premium Assistance: Low-income individuals with incomes up to 400 percent of the federal poverty level (approximately $89,400 for a family of four) and small businesses with 25 full-time equivalent employees or less are eligible for federal tax credits through the California health benefit exchange.
- Small Business: Health insurance companies are required to offer health insurance to anyone seeking coverage regardless of a pre-existing medical condition. This is called “guarantee issue.”
- Federal Tax Credits Available Through California Health Benefit Exchange to help purchase affordable insurance.
- Healthy San Francisco: Will continue to keep you informed about health insurance. This is called the “individual mandate.”
- Individual Mandate: Individuals are required to have qualifying health insurance.
- Federal Tax Credits Available Through California Health Benefit Exchange to help purchase affordable insurance.

Preventing MOLD AND MILDEW

Mold may be great in a meadow after the rain, but in your home, mold can be a recipe for mold and mildew. These fungi can grow on just about any object that is exposed to water. In most cases, you will be able to either smell or see them on the surface of an object. Mold can cause major problems in people with asthma. Healthy people use suffer from reactions to mold too. These reactions can range from a stuffy nose to eye irritation, wheezing, or skin irritation. The best way to prevent the growth of these fungi is to control moisture. You can control moisture in your home by doing the following:

- When showering, open a window or turn on the fan to pull moisture out of the room.
- After showering, spread out the shower curtain to dry it.
- When doing dishes, wash the dishes and wipe them dry.
- When cooking, use the stove's overhead fan or open a window to release steam.

Renew on Time

Watch for your Healthy San Francisco renewal notice in the mail. Once you receive it, call your renewal hotline or renewal line before your anniversary date. Please remember to bring these documents on the day of your appointment:

- Proof of底盘 (current lease)
- Proof of address (rental agreement, lease, or utility bill)
- Proof of income (most pay stubs or tax returns)
- Proof of savings (bank statements)

Renewal is the process of getting ready for another year of Healthy San Francisco. It means you’re healthy and happy. You have also picked your Health San Francisco plan. Thank you for being a part of Healthy San Francisco. Remember, if you don’t renew before your anniversary date, you will no longer receive services from Healthy San Francisco.

Quitting smoking at any age can make a big difference in the lives of many smokers and their families. People who have not developed severe complications from smoking tobacco can see improvements in their health within a few weeks or months after quitting.

If you live in the San Francisco area and need help quitting, go to the Tobacco Free Project’s website at www.sfsmokefree.org to find resources and learn more about their free stop smoking line. The San Francisco Department of Public Health’s Community Health Promotion and Prevention Branch has been providing cessation, or quitting services for smoking, since 1990 and serves the greater San Francisco community.

Removing mold and mildew

Preventing mold and mildew, wheezing, or skin irritation. The best way to prevent the growth of these fungi is to control moisture.

Renew on Time

Watch for your Healthy San Francisco renewal notice in the mail. Once you receive it, call your renewal hotline or renewal line before your anniversary date. Please remember to bring these documents on the day of your appointment:

- Proof of底盘 (current lease)
- Proof of address (rental agreement, lease, or utility bill)
- Proof of income (most pay stubs or tax returns)
- Proof of savings (bank statements)

Renewal is the process of getting ready for another year of Healthy San Francisco. It means you’re healthy and happy. You have also picked your Health San Francisco plan. Thank you for being a part of Healthy San Francisco. Remember, if you don’t renew before your anniversary date, you will no longer receive services from Healthy San Francisco.

Quitting smoking at any age can make a big difference in the lives of many smokers and their families. People who have not developed severe complications from smoking tobacco can see improvements in their health within a few weeks or months after quitting.

If you live in the San Francisco area and need help quitting, go to the Tobacco Free Project’s website at www.sfsmokefree.org to find resources and learn more about their free stop smoking line. The San Francisco Department of Public Health’s Community Health Promotion and Prevention Branch has been providing cessation, or quitting services for smoking, since 1990 and serves the greater San Francisco community.
Health Reform and You

What does health reform require of individuals, businesses, and health insurance companies starting in January 2014?

Here are some key requirements and opportunities:

- **Guaranteed Issue**: Health insurance companies are required to offer health insurance to anyone seeking coverage regardless of pre-existing medical condition. This is called the "guaranteed issue.

- **Individual Mandate**: Individuals are required to have qualifying health insurance. Those who do not comply may be subject to a tax penalty.

- **Federal Tax Credits Available Through California Health Benefit Exchange**: Individuals with incomes up to 138 percent of the federal poverty level, approximately $30,843, will expand to people with incomes up to 400 percent of the federal poverty level.

- **Medi-Cal Expansion**: Medi-Cal, California’s Medicaid program, will provide health care coverage to approximately 1.3 million uninsured individuals.

- **Premium Assistance**: Individuals can apply for tax credits through the California Health Benefit Exchange to help purchase affordable insurance.

- **Individual Mandate**: Individuals are required to have qualifying health insurance. Those who do not comply may be subject to a tax penalty.

- **Guarantee Issue**: Health insurance companies must offer health insurance to anyone seeking coverage regardless of pre-existing medical conditions.

- **Pre-existing Medical Condition**: If you have a pre-existing medical condition, you cannot be denied coverage because of that condition.

- **Preventing MOLD AND MILDEW**: Moisture may be great in a meadow after the rain, but in your home, moisture can be a recipe for mold and mildew. These fungi can grow on just about any object that is exposed to water. In most cases, you will be able to either osm or see them on the surface of an object. Mold can cause major problems in people with asthma. Healthy people can suffer from reactions to mold, too. These reactions can range from a stuffy nose to eye irritation, wheezing, or skin irritation.

- **Renew on Time**: Make sure your Healthy San Francisco renewal notice is in the mail. Once you receive it, call your renewal location or return it before your anniversary date. Please remember to bring these documents on the day of your appointment:
  - Picture ID (birth certificate)
  - Proof of address (rental agreement, lease, or utility bill)
  - Proof of income (recent pay stubs or tax returns for everyone living in your home)
  - Proof of savings (bank statements)

- **Say NO to Tobacco**

  - Nearly 20% of adults smoke.
  - 443,000 Americans die of smoking or exposure to secondhand smoke each year.

  - Smoking could soon get that much uglier. The federal government has proposed new packaging guidelines that would require cigarette companies to add graphic warning labels to all cigarette packages and advertisements. These new warning messages would represent the most significant changes to cigarette labels in the United States in more than 25 years.

  - Making the decision to quit smoking is the most important step in becoming healthier. Although most people know that tobacco can harm their body, quitting smoking at any age can make a big difference in the lives of many individuals and the people around them. People who have not developed severe complications from smoking tobacco one year after quitting can see improvements in their health within a few weeks or months after quitting.

  - If you live in the San Francisco area and need help quitting, go to the Tobacco Free Project’s website at www.sfsmokefree.org to find resources and learn more about their free Stop Smoking Line. The San Francisco Department of Public Health’s Community Health Promotion and Prevention Branch has been providing cessation, or quitting services for smoking, since 1990 and serves the greater San Francisco community.

HealthBeat N E W S A N D U P D A T E S Winter 2012

Quitting smoking at any age can make a big difference in the lives of many individuals and the people around them. People who have not developed severe complications from smoking tobacco one year after quitting can see improvements in their health within a few weeks or months after quitting.