

Teens & Vaping Devices



Ready to help your teen quit?

Work with a free Youth Quit Coach today!
Scan the QR code below to access Quit
Now Indiana for teens.





What is vaping?

Vaping is the inhaling of a vapor created by any type of vaping device. This could be an electronic cigarette (e-cigarette), vape pen, tank, mod, or other battery-powered smoking device.

vapor, which the person inhales. That's why using a vaping device is called "vaping."

What are the health effects of vaping?

Vaping puts nicotine into the body. Nicotine is addictive and can affect brain development. The

- Is very addictive.
- Can slow brain development in kids and teens. It can affect memory, concentration, learning, self-control, attention, and mood.
- Can increase the risk of other types of addiction as adults.
- Can irritate and damage the lungs.



Want to learn more about vaping?

Scan the QR code on the left to learn more about the dangers of vaping.

How can I help my child quit?

Here are a few things you can do to help your child learn the risks of vaping and take control of their health.

- Call Quit Now Indiana at **1-800-QUIT-NOW**

CareSource member?

Earn rewards for quitting tobacco!

Through the MyHealth Rewards program, you

reward amounts may look like:

Activity	Reward Amount**
1st call with Tobacco Quitline Coach	\$50 1x/calendar year
1st call with Tobacco Quitline Coach While Pregnant	\$80 1x/calendar year
Follow-up calls with your Quitline Coach	\$10 5x (7x if pregnant)/ calendar year
First counseling session	\$30 1x/calendar year
Second counseling session to help you	\$20 1x/calendar year
Substance Use Disorder Intensive Outpatient Treatment Session	\$10 10x/calendar year
Taking prescribed medicines to help (Weeks 1, 4, 8, and 12)	\$20 4x/calendar year

All HIP and HHW members aged 18-64 can earn these rewards!

