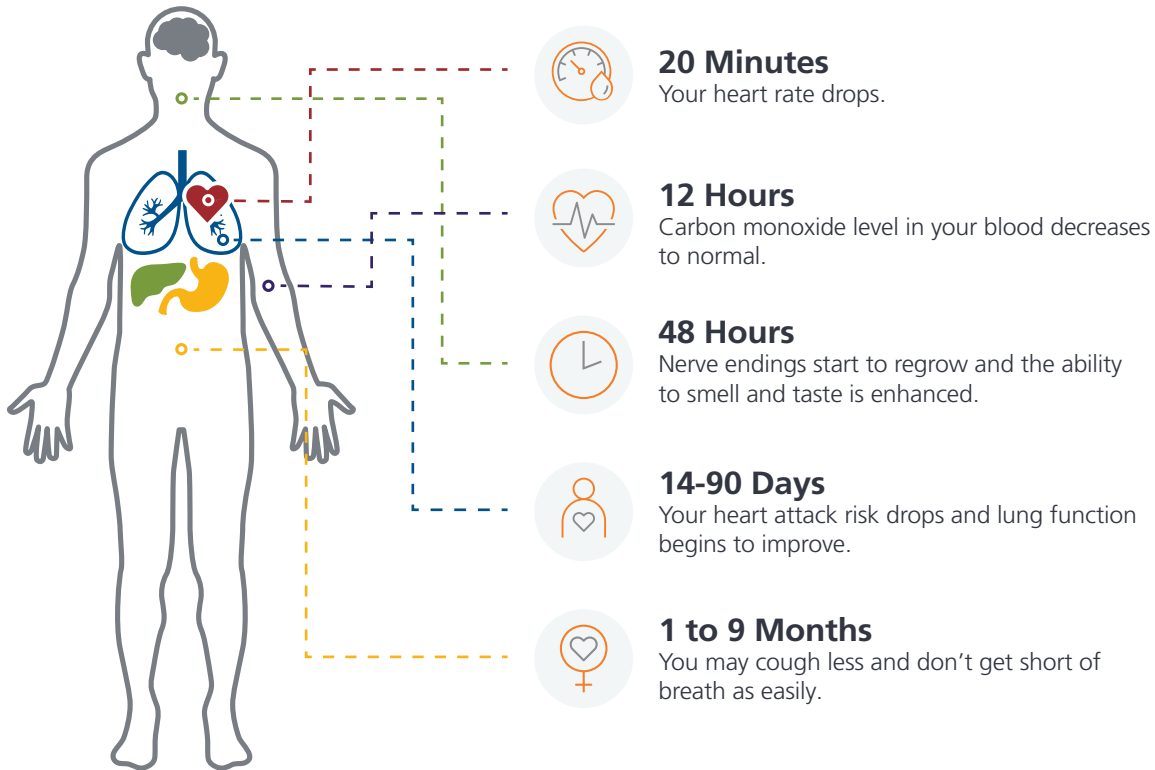


THE POSITIVE EFFECTS OF QUITTING TOBACCO



THE BIGGER PICTURE

1 YEAR

The excess risk of coronary heart disease is half that of a continuing smoker.

2 to 5 YEARS

Your risk of having a stroke is the same as a nonsmoker.

15 YEARS

Risk of coronary heart disease is the same as that of a nonsmoker.

**START LIVING TOBACCO-FREE.
ENROLL IN THE QUIT FOR LIFE® PROGRAM.**

**www.quitnow.net
1-866-QUIT-4-LIFE TTY 711**

SOURCES

CDC; Smoking & tobacco use. <https://www.cdc.gov/tobacco/>; Office on Smoking and Health. <https://www.cdc.gov/tobacco/about/osh/>; National Center for Chronic Disease Prevention and Health Promotion. <https://www.cdc.gov/chronicdisease/> (Updated 10/2016). https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/. Accessed March 6, 2019.

American Cancer Society; Benefits of quitting smoking over time (Updated 11/2018). <https://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html>. Accessed March 6, 2019.

Smokefree.gov; SmokeFree 60+. <https://60plus.smokefree.gov/sites/default/files/pdfs/quitsmoking60plus.pdf>. Accessed March 6, 2019.

The Quit For Life® Program provides information regarding tobacco-cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life® Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, or if you are unsure whether Quit For Life® is suitable for you, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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How the Quit For Life[®] Program Works

We are here to help you make your way to quitting tobacco easier. Together with your Quit Coach[®] you'll create a customized quit plan and work through a series of calls to help you beat urges and manage cravings so you can enjoy life — tobacco-free.



WHAT YOU GET

To help you stay focused, Quit For Life offers a variety of tools and resources to help prepare you to quit and stay on track — for good.



Text2QuitSM



Online Tools



Gum or Patches
if you qualify*



Unlimited Calls
to Your Coach



Quit Guide

READY TO GET STARTED?

www.quitnow.net

1-866-QUIT-4-LIFE, TTY 711

*As determined by your Quit Coach[®]. Participants smoking nine or more cigarettes per day and spit-tobacco users chewing two or more tins per week qualify for combination therapy. The Quit For Life[®] Program provides information regarding tobacco-cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life[®] Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, or if you are unsure whether Quit For Life[®] is suitable for you, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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