

It's Time to Quit Using Tobacco

Quitting tobacco helps your bank account and your health. You can quit. Medications can help. Your healthcare provider can help you decide which treatment is right for you.

Short-Term Benefits of Quitting

- Your heart rate drops to near normal within 20 minutes.
- Your chance of a heart attack decreases within two weeks to three months.
- Coughing and shortness of breath improve within one to nine months.

Long-Term Benefits of Quitting

- Set a good example for children and adolescents.
- Save money. Cigarettes cost about \$2,300 a year* if you smoke a pack a day.
- Lower your risk for heart attacks, strokes, lung cancer and breathing problems.

Help is Available

Contact the following groups to learn about ways to stop using tobacco:

Quitline

(866) 845-7702 or visit MedMutual.com

National Cancer Institute

(800) 4-CANCER or visit NCI.NIH.gov

American Lung Association

(800) LUNG-USA or visit LungUSA.org

Depending on your health plan, you may be able to get up to a 180-day supply of medication to help you stop using tobacco, at no cost to you.

Tobacco Facts

Tobacco use can lead to:

- Heart disease
- Vascular disease
- Stroke
- Cancers
- Chronic Obstructive Pulmonary Disease (COPD)

Each year, tobacco use causes:

- Nearly 1 in 5 U.S. deaths
- Nearly 480,000 early deaths
- Nearly 41,000 deaths due to exposure to secondhand smoke

*SmokeFree.gov/How-Much-Will-You-Save

Sources: Centers for Disease Control and Prevention; SmokeFree.gov

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