



Quality health plans & benefits
Healthier living
Financial well-being
Intelligent solutions



You really *can* quit smoking

You can repair the damage

If you smoke, you don't need to hear how bad it is for you. You already know. But maybe you didn't know just how fast your health could improve by quitting.

If you quit today ...

- Your heart would start to recover the very next day
- Your risk for heart disease would drop sharply after two years
- You'd be less at risk for cancer in your mouth, throat, esophagus, bladder, pancreas and lungs

And those are just some of the health benefits. You can count on a brighter smile, bigger savings and more energy, too.

Why it's hard to quit

It's the nicotine. When you smoke, it spreads powerful, pleasing feelings throughout your body. Plus, the act of smoking becomes a part of almost everything you do. So when you eat, drive, celebrate, drink coffee or take a break, you feel that pull to smoke.

Five tips to quit

- **Join a support group.** You'll hear others' struggles and strategies.
- **Stay busy.** Read a book, tackle a home project or envision your new life.
- **Avoid triggers.** Skip alcohol, social events or work breaks until you're less tempted.
- **Pack a snack.** Chew gum or eat carrots when you want to smoke.
- **Stay strong.** If you slip up one day, stay positive. And avoid the temptation to keep smoking.

No smoking, not less smoking

You may be thinking: "What if I smoke less and less ... until I don't need to smoke at all?" It sounds like a good idea. But here's why it's not:

Studies show that even if you smoke less, you'll likely inhale deeper. So you'll still get the same amount of nicotine. What about low-nicotine products? Same story. By inhaling deeper, you can get just as much nicotine as you would with a regular cigarette. And this will drive you to continue the habit.

The only way to quit smoking is to quit it *completely*.

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