

Your quick start guide to quitting smoking

It's never too late to quit smoking, including smokeless tobacco (dip/chew). Quitting smoking starts to improve your health almost immediately, with the benefits growing the longer you remain smoke free. Plus, quitting at any time can give back years to your life that would be lost by continuing to smoke.

Health benefits of quitting smoking

Timeframe after quitting	Health benefits
20 minutes	Your heart rate and blood pressure drop
2 weeks to 3 months	Your circulation improves and your lung function increases
1 to 12 months	Coughing and shortness of breath decrease
1 to 2 years	Your risk of heart attack drops dramatically
5 to 10 years	Your risk of cancer of the mouth, throat and esophagus is cut in half and your stroke risk decreases

More reasons to quit smoking

Kicking your smoking habit has more benefits than just improving your health.

- ✓ You can save money— up to \$3,000 a year if you smoke a pack per day
- ✓ Food tastes better
- ✓ Your sense of smell returns to normal
- ✓ Your breath, hair and clothes smell better
- ✓ You can protect those around you. Secondhand smoke is dangerous and can harm the health of your family and friends
- ✓ You can help set a good example for others who need help quitting

Checklist for quitting smoking

Getting started can be the hardest part. Follow this checklist for quick tips to help get you on the right path to quitting.

- Set a date to quit.**
- Remove all lighters and matches** from your house.
- Tell other people you've quit** so they can support you.
- When you get the urge to smoke, do something else.** Go for a walk, chew some gum or call a friend. You can outlast your craving.
- Reward yourself for quitting.**
- Don't get discouraged.** Most former smokers had to quit more than once before it stuck.

Need help quitting?

Your WellSense plan includes counseling services for members who want to quit smoking. Call us at **877-957-1300** or visit **wellsense.org** for help. You can also call the New Hampshire Tobacco Healthline at **1-800-QUIT-NOW** or visit **quitnownh.org**.



We revolve around you.

wellsense.org

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