

The benefits of quitting smoking begin within 20 minutes and last a lifetime.



We want to help you quit smoking.

It's never too late to quit. Even if you have smoked for many years, quitting today lessens your chance for developing heart disease, lung cancer, emphysema and other breathing problems. Within 20 minutes of smoking your last cigarette, your body undergoes a series of changes that continues for years.

20 minutes after quitting

Your blood pressure drops.

12 hours after quitting

The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting

Your circulation and lung function improve.

1 to 9 months after quitting

Your coughing and shortness of breath decrease.

1 year after quitting

Your added risk of coronary heart disease is half that of a smoker's.

5 years after quitting

Your stroke risk is reduced to that of a nonsmoker's two to five years after quitting. Your cervical cancer risk returns to that of a nonsmoker.

10 years after quitting

Your risk of dying from lung cancer is about half that of a smoker's.

Your risk of cancers of the mouth, throat, esophagus, bladder, kidneys and pancreas decreases.

15 years after quitting

Your risk of coronary heart disease returns to that of a nonsmoker's.

Source: American Cancer Society



Live free, breathe easy
Take the first step toward quitting
with these resources, available to you.

Tobacco cessation resources

How to get help

Tobacco Quit Line (nationwide)

The Tobacco Quit Line offers free one-on-one telephone counseling with trained professionals and referrals to smoking cessation programs. *Some services may not be available in all areas.*

Call 800-QUIT-NOW
(800-784-8669)

Quit For Life® program

Quit For Life (formerly Free & Clear) is a nationwide telephone-based cessation program that provides five counselor-initiated phone calls to members to help with tobacco cessation. Members have access to ongoing tobacco cessation support by phone by calling a Quit For Life counselor; there is no limit on member-initiated calls for support. *Associated costs vary, depending on your plan.*

Call 866-QUIT-4LIFE
(866-784-8454)

Smoking cessation classes

Smoking cessation classes are available through Providence Health & Services and other participating facilities. Medications may be incorporated into the class. If you are unable to attend a class, talk with your health care provider about medications that may help you quit smoking.

Call the Providence Resource Line at 503-574-6595 or 800-562-8964 for more information or to register, or look under the heading **Tobacco cessation resources** at www.ProvidenceHealthPlan.com/quitsmoking.

For details about your plan coverage for tobacco cessation benefits, consult your Providence Health Plan benefit summary and member handbook, or summary plan description.