

Within 48 hours
your sense of taste and smell improves.³

In 5 years
your risk of a stroke has dramatically decreased.¹

Within 3 months
your lung function begins to improve.^{1,2}

Within 9 months
coughing and shortness of breath decrease.^{1,2}

In 12 hours
the carbon monoxide level in your blood drops to normal.²

In 12 months
your risk of coronary heart disease is cut in half.¹

In 1 year
a pack-a-day smoker will save over \$2,000.⁴

Within 20 minutes
your blood pressure and pulse rate decrease.³

**STOP SMOKING.
START REPAIRING.**

Get FREE support to quit smoking. 1-888-354-PLAN or quitplan.com



1 - Surgeon General's Report, 2004. The Health Consequences of Smoking, Available at www.surgeongeneral.gov/library/reports/ 2 - American Cancer Society, 2012. Guide to Quitting Smoking website, available at www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits 3 - Centers for Disease Control and Prevention, 2003. Pathways to Freedom, p.30, Available at www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/ 4 - Campaign for Tobacco Free Kids, available at www.tobaccofreekids.org/research/factsheets/pdf/0202.pdf