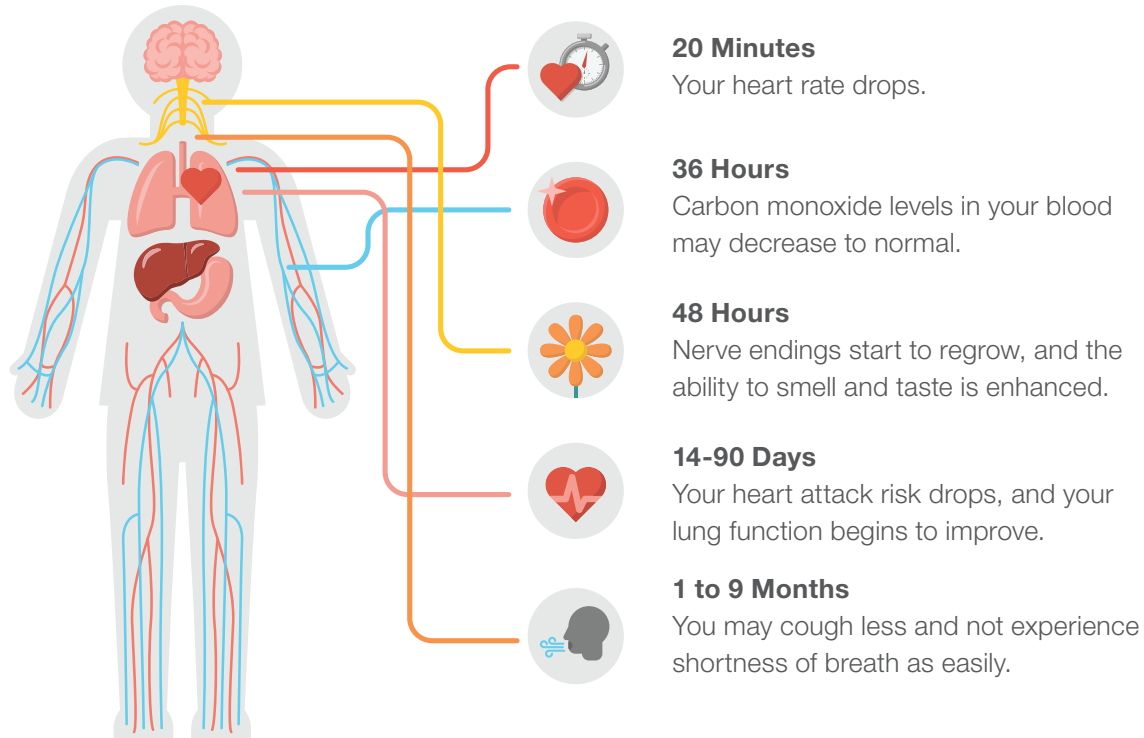


## What Happens When You Quit Smoking

Quit For Life® on Rally Coach™ is designed to give you the confidence you need to quit tobacco for good. Here's a timeline of all the positive effects on your body after your last cigarette or vape.



## The Bigger Picture

### 1 Year

Your excess risk of coronary heart disease is half that of a continuing smoker.

### 2 to 5 Years

Your risk of having a stroke is reduced.

### 15 Years

Your risk of coronary heart disease is close to that of a nonsmoker.

Quit For Life gives you a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Plus group video sessions, nicotine replacement therapy, and more. All at no additional cost to you.

Get started at [quitnow.net](https://quitnow.net)  
or call **1-866-QUIT-4-LIFE TTY 711.**

RALLY/COACH™

CDC. Smoking & tobacco use. [cdc.gov/tobacco/](https://cdc.gov/tobacco/); Office on Smoking and Health. [cdc.gov/tobacco/about/osh/](https://cdc.gov/tobacco/about/osh/); National Center for Chronic Disease Prevention and Health Promotion. [cdc.gov/chronicdisease/](https://cdc.gov/chronicdisease/) (updated Oct. 2016). [cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/benefits/](https://cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/). Accessed March 6, 2019.

American Cancer Society. Benefits of quitting smoking over time (updated Nov. 2018). [cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html](https://cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html). Accessed March 6, 2019.

Quit For Life is available to eligible members at no additional cost as part of your health benefits. The Quit For Life Program is educational in nature and is not a substitute for medical advice.  
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