

Where Are  
**YOU**  
— in the —  
Quitting  
Process  
?

**Tobacco  
Free!**

Went one  
year without  
tobacco

Went one  
month without  
tobacco

Went one  
week without  
tobacco

Tried to  
quit a few  
times

Went one  
day without  
tobacco

Tried to  
quit once

Thinking  
about  
quitting

Never  
think about  
quitting



Kicking Butts and Staying  
**Smoke Free**



**The Health Plan**  
1110 Main Street  
Wheeling, WV 26003

1.800.624.6961

[healthplan.org](http://healthplan.org)



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## THP's Program



The Health Plan's tobacco cessation program is led by certified tobacco cessation counselors. Our counselors are certified through the American Lung Association Freedom From Smoking program. Our program is a 90 day program that helps members to quit using tobacco. A counselor will call you a few times over the 90 days to talk about your progress in quitting.\* If you're struggling, our counselors will give you tips and educational materials to help. Our calls will typically not last more than 15 to 20 minutes, but our first call may take up to 30 minutes. The program also helps members get their medications approved, if needed. Our counselors customize the program to work for each person, offering multiple options for success in quitting tobacco. If you are interested in speaking with one of our counselors, please call 1.888.450.6023.

\* On site and in person programs may be available to large groups regionally by special arrangements.

## Did You Know?

- Quitting is hard. Nicotine is very addictive. It may take a few tries before finally quitting. Every time you try, it gives you more chances to learn what works to help you get to a tobacco free life.
- Results of quitting can affect many parts of your body.
- Quitting can raise your lifespan by years, depending on your age. Smokers who quit at age 30 can increase their life by 10 years. If you quit by age 60 you can increase your life by 3 years.
- People who quit after a heart attack reduce their risk of having another heart attack by 50%.

## What Happens When You Quit Smoking?

**20**  
minutes

after quitting



Your blood pressure goes back to normal

**8**

hours

after quitting



Carbon monoxide in your bloodstream is cut in half

**3**

days

after quitting



Your ability to breathe is better

**2**

months

after quitting



Your circulation and lung function gets 30% better

**1**

year

after quitting



Your risk of heart attack is cut in half

**5**

years

after quitting



Your risk of stroke is back to before you started smoking

**10**

years

after quitting



Your risk of lung cancer is back to before you started smoking

**15**

years

after quitting



Your risk of heart attack is back to before you started smoking