

**Within 48 hours**  
your sense of taste and smell improves.<sup>3</sup>

**In 5 years**  
your risk of a stroke has dramatically decreased.<sup>1</sup>

**Within 3 months**  
your lung function begins to improve.<sup>1,2</sup>

**Within 9 months**  
coughing and shortness of breath decrease.<sup>1,2</sup>

**In 12 hours**  
the carbon monoxide level in your blood drops to normal.<sup>2</sup>

**In 12 months**  
your risk of coronary heart disease is cut in half.<sup>1</sup>

**In 1 year**  
a pack-a-day smoker will save over \$2,000.<sup>4</sup>

**Within 20 minutes**  
your blood pressure and pulse rate decrease.<sup>3</sup>

**STOP SMOKING.  
START REPAIRING.**

Get FREE support to quit smoking. 1-888-354-PLAN or [quitplan.com](http://quitplan.com)



**QUITPLAN®**

1 - Surgeon General's Report, 2004. The Health Consequences of Smoking, Available at [www.surgeongeneral.gov/library/reports/](http://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](http://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/](http://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](http://www.tobaccofreekids.org/research/factsheets/pdf/0202.pdf)

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