

**Quit smoking
now** and start
improving your
health.



3 months

Lung function and
circulation improves.

5 years

Risk of mouth and throat
cancer is cut in half.

20 minutes

The body begins healing.

12 months

Risk of heart disease is
cut in half.

10 years

Likelihood of dying from
lung cancer is cut in half.

15 years
Risk of heart
disease is the
same as a
non-smoker.

Source: Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion, 2004

A stylized illustration of a hand holding a lit cigarette. The hand is rendered in shades of gray, with the fingers gripping the cigarette. The cigarette is lit, with a small flame at the tip. The background behind the hand is a solid red color, which tapers off to the right, suggesting the cigarette is being held in a red sleeve or container.

**Let's Quit
Together.**

CVS/caremark

It is important to know that you're not alone. Quitting smoking isn't easy but you have a better chance for success with a plan and resources that can help you manage quitting.

- Start with a nicotine dependency quiz at **CVS.com/quit-smoking**
- Call our quit hotline for live help at **1-844-265-4321**
(Operated by the American Cancer Society® Quit For Life® Program)
- Talk with a pharmacist at **CVS/pharmacy** about a customized quit plan
- Get an assessment and ongoing coaching at **MinuteClinic**®, the walk-in medical clinic inside select CVS/pharmacy stores

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