

HOW MUCH WILL YOU SAVE WHEN YOU QUIT TOBACCO?

You could be using the money you spend on tobacco for groceries, gas, dining out or just having fun.



Here's an estimate* of how much you could save in just one year based on how much you smoke a day:

5 cigarettes a day	\$738
10 cigarettes a day	\$1,476
20 cigarettes a day	\$2,952

Quit For Life, a free program that's included in your health plan, will support you along the way to becoming tobacco free. You'll have a Quit Coach®, a plan tailored to your needs and goals, and help to manage cravings.

Go online or call today!

*Based on national average retail price of \$8.20 per pack of cigarettes
Source: Campaign for Tobacco Free Kids

MyQuitForLife.com/quittoday
866-QUIT-4-LIFE (TTY: 711)

The Quit For Life program provides information on tobacco cessation methods and related well-being support. Any health information you provide is kept confidential in accordance with the law. The program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in the program is voluntary. If you have specific health care needs or questions, or if you are unsure whether Quit For Life is suitable for you, consult an appropriate health care professional. These services should not be used for emergency or urgent care needs.

Quit For Life is provided by the American Cancer Society and Optum® Inc. Optum is an independent company that offers smoking cessation programs on behalf of your health plan. The American Cancer Society is an independent organization that provides health information members of your health plan may find helpful.