

## Act now to get help to quit tobacco and nicotine for good

### 20 MINUTES

Your heart rate drops.

### 24 HOURS

The nicotine level in your blood  
drops to zero.

### 4–7 DAYS

The carbon monoxide level in your  
blood decreases to normal.

### 1–12 MONTHS

You may cough less and experience  
less shortness of breath.

### 1–2 YEARS

Your risk of a heart attack  
drops sharply.

### 3 YEARS

Your excess risk of coronary heart  
disease is reduced by 50% compared  
to a continuing smoker.

## What it's like to quit smoking



It might take  
several attempts



Small successes  
are wins



You may feel some  
initial discomfort



Certain settings  
may trigger your urges

#### Sources:

CDC. Smoking & Tobacco Use. [cdc.gov/tobacco/](https://www.cdc.gov/tobacco/). Office on Smoking and Health. [cdc.gov/tobacco/about/osh/](https://www.cdc.gov/tobacco/about/osh/). National Center for Chronic Disease Prevention and Health Promotion. [cdc.gov/chronicdisease/](https://www.cdc.gov/chronicdisease/) (Updated 12/2021). Benefits of Quitting. [cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/benefits/](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/). Accessed January 3, 2022.

U.S. Department of Health and Human Services (USDHHS). The Health Consequences of Smoking: What It Means to You (Consumer Booklet). Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2004.

The Quit for Life Program is educational in nature and is not a substitute for medical advice.

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It's time to **improve**  
**your lung health**  
to help you  
breathe easier

If you are a Kaiser Permanente  
Washington member age 13 or older,  
**act now** to get help to quit tobacco  
and nicotine for good.

# Good things may happen when you quit tobacco and nicotine

## Quit For Life may help you succeed

If you've thought about quitting tobacco and nicotine, Quit For Life® on Rally Coach™ can help. Get all the tools and online resources you need to quit — and stay quit — at no additional cost.



### Get coach support

Talk with a coach who will help create a personalized Quit Plan and guide you at every step.



### Access anytime, anywhere

Manage triggers with coach-led group sessions, trackers, text support and more, all at your fingertips.



### View quit recommendations

Get real-life tips and plan your path to quit with recommended daily goals, articles and videos.

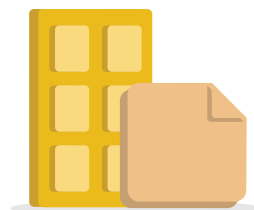


### Long-term success

Overcome your cravings for good with ongoing coach support after you quit.

## Think of everything you may gain when you give up tobacco and nicotine

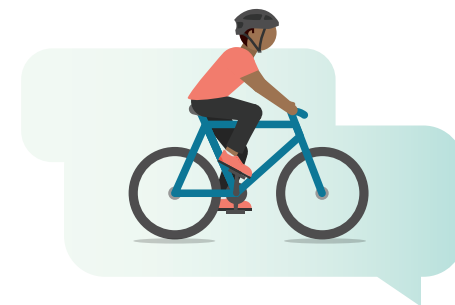
Fresh breath. Clean-smelling clothes. Your sense of taste and smell. The ability to be active without feeling short of breath. Extra cash you're no longer spending on tobacco. A longer life expectancy.



### Helping you stay on track

Feel supported with nicotine replacement therapy such as **gum and patches**.\*

\*If applicable and as determined by a coach.



## Tried to quit before? You're not alone.

For many people, it takes multiple tries to quit for good. **If you are a Kaiser Permanente Washington member age 13 or older, act now to discover another way to quit.**

**1-800-462-5327**  
**quitnow.net/kpwa**