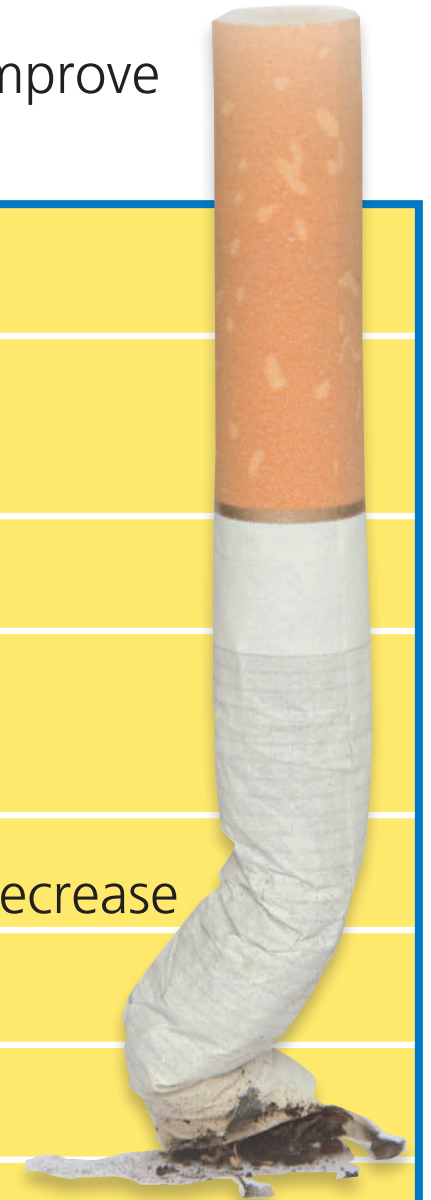


# It's not too late to stop!

Within the first 20 minutes of quitting, the healing process begins. Quit smoking benefits will continue to improve your health and quality of life for years.

Time Since Last Cigarette	Health Benefit
20 Minutes	Pulse rate drops; blood pressure decreases; body temperature of hands and feet return to normal
12 hours	Carbon monoxide level in bloodstream drops to normal
Two weeks to three months	Circulation improves, walking becomes easier Lung function increases
One to nine months	Coughing, sinus congestion, fatigue, and shortness of breath decrease
One year	Added risk of coronary heart disease is half that of a smoker's
Five to 15 years	Stroke risk is reduced to that of a non-smoker's
10 years	Lung cancer death rate is about half that of a smoker's; risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
15 years	Risk of coronary heart disease is back to that of a non-smoker's



**Get started today. It's FREE! 800.442.8904**

**ExcellusBCBS.com**

The Quit For Life Program is FREE to all eligible Excellus BlueCross BlueShield members 18 years or older



National strength.  
Local focus.  
Individual care.<sup>SM</sup>