# HMA

# Want to Quit Smoking?



Quitting smoking is one of the most important steps you can take to improve your health. Each year, nearly half a million U.S. adults, including those exposed to secondhand smoke, die early from smoking-related disease.

#### Three Good Reasons to Quit Smoking

- Quitting smoking improves your physical health and reduces your risk of heart disease, cancer, and many other conditions.
- 2. Quitting smoking can save you on healthcare costs each year.
- 3. Quitting smoking can improve your mental well-being. It can reduce depression, anxiety, and improve your overall quality of life.

For information about quitting smoking, visit CDC.gov/quit.

\*These guidelines are provided by Center for Disease Control And Prevention (CDC) and are not intended to be substituted for advice given by a physician or licensed health-care professional.

## How to Quit Smoking?

There are many ways to help you quit smoking.

- √ Create a plan for managing your cravings
- √ Find social support
- √ Counseling or coaching
- Medication can help. Ask your doctor if using medication to quit smoking is right or you

Remember, even if you've tried to stop smoking before, the key to success is to keep trying and not give up. More than half of U.S. adults who have a history of smoking have successfully quit!

### What To Expect When You Quit\*

The First 20 Minutes

Nicotine in your body reduces lowering your blood pressure and heart rate After Two Weeks

Improved circulation and lung function

After One Year

Reduced risk of heart disease

After 10 Years

Half as likely to die from lung cancer Lower risk of larynx or pancreatic cancer

The First 2-5 Minutes

Strongest cravings

After 12 Hours

Blood's carbon monoxide levels lower After One To Nine Months

Deeper breathing returns
Less and clearer coughs
Reduced risk of infection

After 5 Years

Decreased risk of cancer of the mouth, throat, esophagus, and bladder

Cervical cancer and stroke risk also decrease

After 15 Years

Risk of coronary heart disease is the same as a non-smoker's

Visit accesshma.com to log in to your HMA account or if you have any questions, contact our Customer Care Team using the number on the back of your Member ID card.

Content sourced from the Center for Disease Control and Prevention (CDC) <a href="https://www.cdc.gov/asthma/">https://www.cdc.gov/asthma/</a>