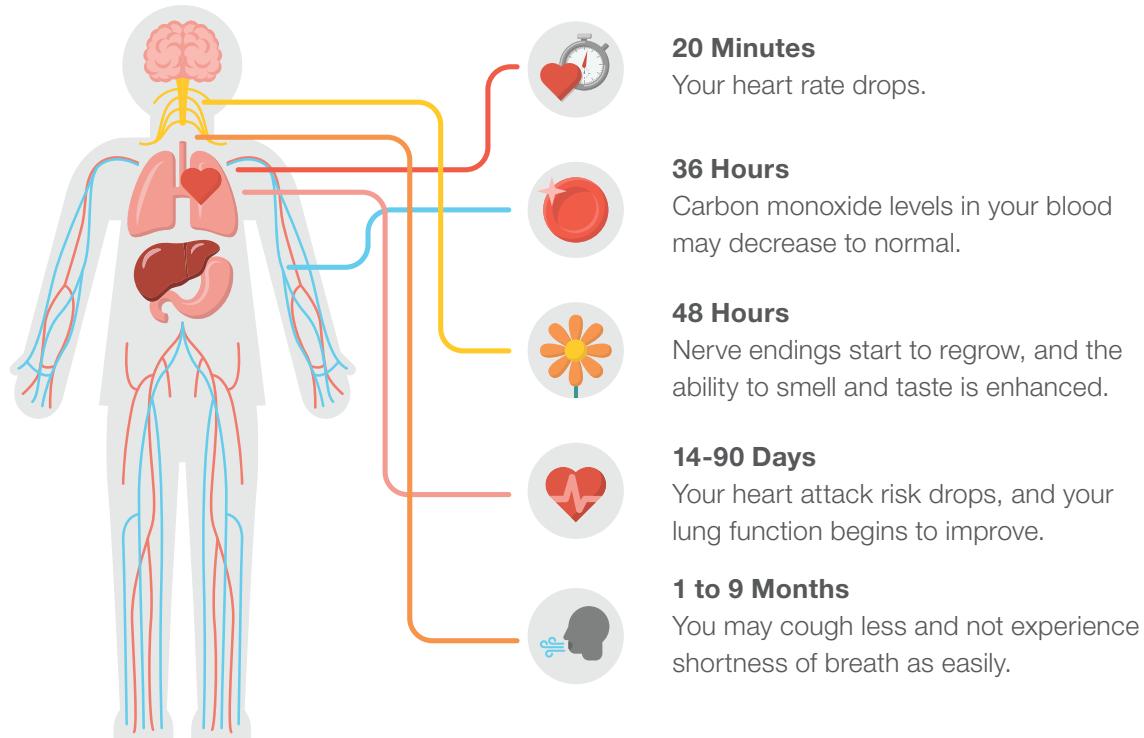


## What Happens When You Quit Smoking

Quit For Life® on Rally Coach™ is designed to give you the confidence you need to quit tobacco for good. Here's a timeline of all the positive effects on your body after your last cigarette or vape.



## The Bigger Picture

### 1 Year

Your excess risk of coronary heart disease is half that of a continuing smoker.

### 2 to 5 Years

Your risk of having a stroke is reduced.

### 15 Years

Your risk of coronary heart disease is close to that of a nonsmoker.

Quit For Life gives you a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Plus group video sessions, nicotine replacement therapy, and more. All at no additional cost to you.

Get started at [quitnow.net](https://quitnow.net)  
or call **1-866-QUIT-4-LIFE TTY 711.**

RALLY/COACH™

CDC. Smoking & tobacco use. [cdc.gov/tobacco/](https://cdc.gov/tobacco/); Office on Smoking and Health. [cdc.gov/tobacco/about/osh/](https://cdc.gov/tobacco/about/osh/); National Center for Chronic Disease Prevention and Health Promotion. [cdc.gov/chronicdisease/](https://cdc.gov/chronicdisease/) (updated Oct. 2016). [cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/benefits/](https://cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/). Accessed March 6, 2019.

American Cancer Society. Benefits of quitting smoking over time (updated Nov. 2018). [cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html](https://cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html). Accessed March 6, 2019.

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