




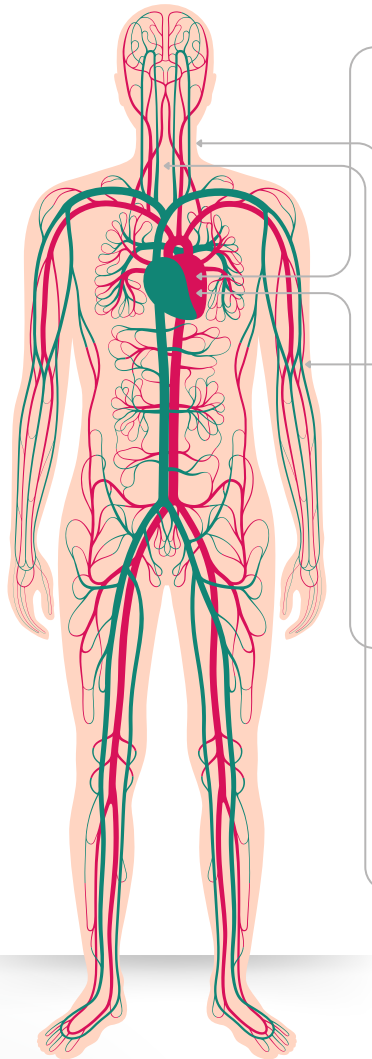
What happens when you quit nicotine

QuitlineNC is designed to give you the confidence you need to quit 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.

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



- 20 Minutes**
Your heart rate drops.
- 36 Hours**
Carbon monoxide levels in your blood may decrease to normal.
- 48 Hours**
Nerve endings start to regrow, and the ability to smell and taste is enhanced.
- 14-90 Days**
Your heart attack risk drops, and your lung function begins to improve.
- 1 to 9 Months**
You may cough less and not experience shortness of breath as easily.



Get started at **quitnow.net** or scan the QR code.
1-800-QUITNOW (1-800-784-8669)

- 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 Oct. 2016). [cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/](https://www.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://www.cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html). Accessed March 6, 2019.



QuitlineNC is available to eligible members at no additional cost as part of your health benefits. The QuitlineNC program is educational in nature and is not a substitute for medical advice.

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