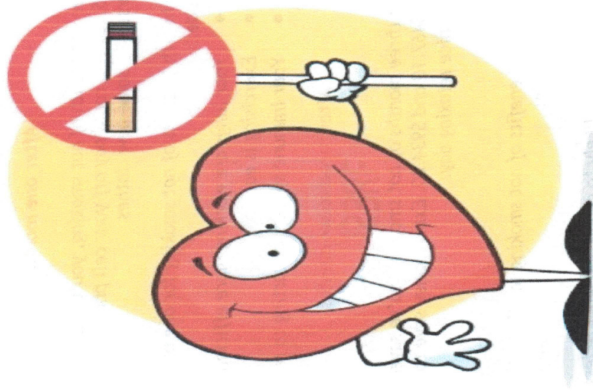
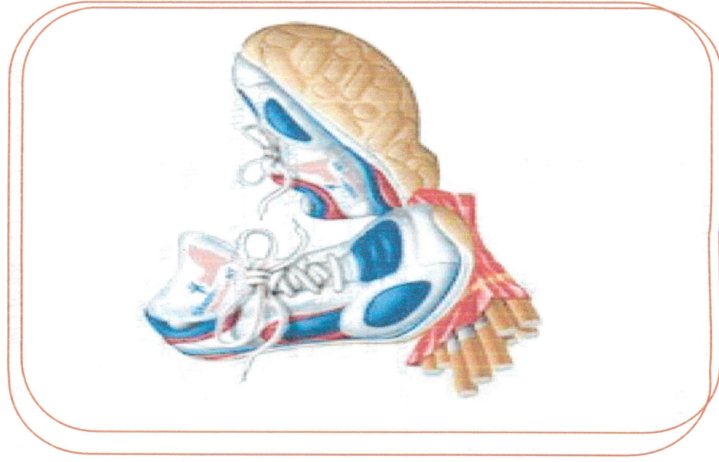




Are you ready to?

**Stop
Smoking**



Where to get help

- Your doctor
- Your pharmacist
- Hot line



Have you ever wonder how much you would save if you quit smoking?

The Average cost of a pack of Cigarettes California: \$5.19

After one day

After one day of not smoking, you've got an extra \$5.19 in your pocket. You could treat yourself to a café.

The health benefits of not smoking for one day include:

- Most of the nicotine is cleared from your body
- Your blood pressure and heart rate drop towards normal levels
- Your finger tips are warmer.

After two days

After two days of not smoking, you've saved \$10.38. You could go to the movies, or treat yourself to a lunch.

The health benefits of not smoking for two days include:

- You notice that your skin, hair and breath smell fresher
- Less carbon monoxide in your system means your lungs are more efficient.

After one week

After one week of not smoking, you've got an extra \$36.33 in your pocket. You could have a full tank of gas, a movie date.

The health benefits of not smoking for one week include:

- The small hair-like structures that clean your lungs, called cilia, are starting to work better. (Some people may cough up some phlegm for a few weeks.)
- You have higher blood levels of protective antioxidants, such as vitamin C.

After one month

After one month of not smoking, you've saved \$155.70. You could pay off your cell phone, or treat yourself to some new clothes.

The health benefits of not smoking for one month include:

- Your lungs are working more efficiently
- Exercising is easier
- Your immune system is starting to recover.

After three to six months

After three months of not smoking you've saved over \$467.10 and \$934.20. Extra money save to enjoy a very nice relaxing day.

The health benefits of not smoking for three to six months include:

- You're likely to cough and wheeze less, and cough up less phlegm
- Blood flow to your extremities, like fingers and toes, improves
- Your body is better at healing cuts and wounds
- You may feel less stressed or in a better mood than when you were smoking.

After one year

After one year of not smoking, you've saved \$1,868.40. This is a trip to New York or even to France.

The health benefits of not smoking for one year are that your lungs have continued to improve. Your small airways are healthier and your lung function is better than if you had kept smoking.

Other cost-saving benefits of quitting

If you quit smoking, you'll save money in many other ways, including:

You're less likely to suffer from colds, the flu or other respiratory infections, which means fewer trips to the doctor, less money spent on medications and fewer sick days

You won't need so many visits to the dentist to have your teeth professionally cleaned

You don't have to spend as much time and money on maintaining the house. For example, smoking inside your home discolors paint and wallpaper

You cut down on your cleaning bills because clothes, furniture upholstery and the interior of your car no longer smell of cigarette smoke

The risk of fire in your home is lower.

Things to remember

- If you need added incentive to quit, think about how much of your weekly income is going up in smoke every week.
- At today's prices, if you smoke one pack of cigarettes per day for 10 years, you'll spend over \$18,684 - easily enough to buy a new car.