

12 hours

after quitting, the carbon monoxide level in your blood drops to normal.

May 31



World No Tobacco Day

Spring ahead!

Set a goal to quit smoking!



“I can honestly say that the program offered on the Vitality™ site worked for me. I decided to give the quit smoking tools a try. I have been smoke-free for six months, and I was able to complete my first half-marathon.”



– Brandon Bahlawan, Vitality member who quit smoking for the first time in 16 years

When the smoke clears ...

1 to 9 months

after quitting, coughing and shortness of breath decrease; your lungs start to regain normal function.

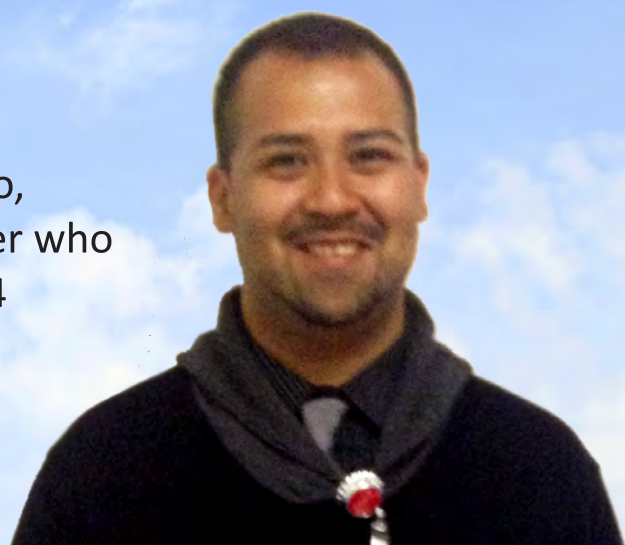


1 year

after quitting, your excess risk of coronary heart disease is half that of an active smoker.

“I set the goal to quit smoking. After eight years of using tobacco, I have been a non-smoker for several weeks now, and I intend to continue on this path. Setting specific goals on Vitality was a great way to do this.”

– Juan Delgado, Vitality member who has also lost 34 pounds



2 to 5 years

after quitting, your risk of stroke can fall to that of a non-smoker.

... here are the facts:*

5 years

after quitting, your risk of cancer of the mouth, throat, esophagus and bladder

are cut in half. Cervical cancer risk falls to that of a non-smoker.

10 years

after quitting, your risk of dying from lung cancer is about half that of an active smoker. Your risk of cancer of the larynx (voice box) and pancreas decreases.

*American Cancer Society

Vitality stands in solidarity with and in support of all smokers in their attempt to quit smoking on World No Tobacco Day and every day. Visit the Vitality website and navigate to Get Educated for interactive and educational materials on kicking the tobacco habit.

Privacy is a top priority at Vitality, and we are committed to maintaining the highest level of confidentiality with all of the information we receive from our members.

Vitality®