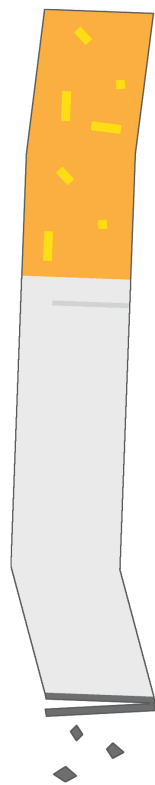


# BENEFITS OF QUITTING



**12 hours after quitting:**  
The carbon monoxide level in your blood drops to normal

**1-9 months after quitting:**  
Coughing and shortness of breath decrease

**5 years after quitting:**  
Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Stroke risk falls to that of a non-smoker

**20 minutes after quitting:**  
Your heart rate and blood pressure drop

**2 weeks – 3 months after quitting:**  
Circulation improves and lung function increase

**1 year after quitting:**  
Risk of coronary heart disease is cut in half, compared to continuing smokers

**10 – 15 years after quitting:**  
Risk of lung cancer is cut in half and continues to decline. The risk of coronary heart disease is the same as a non-smoker.



## Smoking Cessation for Employees

Breathe Healthy, Live Happily  
We can help you become a former smoker.

To schedule an appointment at the Tobacco Treatment Center, please call **617-638-7665 (SMOK)**

**Boston Medical Center  
Shapiro Center  
9th floor, Suite 9B  
725 Albany St., Boston, MA 02118**



## Free Personalized Smoking Cessation Program for BMC Employees!

Deciding to quit smoking is the first and most important step on the path toward a healthier life. At BMC, we understand that there is a benefit to having personal support as you quit, so we've developed a special program just for employees.

### About the Program

This 6 month program takes an individualized approach where a Tobacco Treatment Specialist will work with you to create a personalized quit plan to guide you on your tobacco free journey. There will be 3 confidential and personalized 1 on 1 sessions, all scheduled at a time and BMC location convenient to you, as well as ongoing coaching and support as needed. Staying tobacco-free for 6 months predicts long term success!

Your participation in this program will not be documented in EPIC and will be kept confidential.

### It Pays to Be a Quitter!

Employees who complete this personalized 3-step program will receive an incentive for their hard work! After session 1, employees will receive BMC merchandise and upon the 6-month graduation, employees will receive a \$40 Amazon gift card!

## How Much Money Do you Spend On Cigarettes?

A pack of cigarettes costs \$10 on average.

Weekly Cost	Monthly Cost	Yearly Cost	5 Year Cost	10 Year Cost
\$70	\$300	\$3,650	\$18,250	\$36,500

## Vaping/E-cigarettes

E-cigarettes are devices that heat a liquid into an aerosol that the user inhales. The liquid usually has nicotine and flavoring in it, and other additives. The use of e-cigarettes has increased in recent years, and is now understood to have unexpected detrimental health effects, especially in teenagers where their brain is still developing.

## Smoking/Vaping Cessation Programs for Employees and Family Members

- **Employee Assistance Program (EAP): 800-327-1850**  
A certified tobacco counselor can provide telephonic counseling, an individualized plan, and techniques and strategies to quit smoking for good. The EAP has a number of tools, articles, and support to educate you on the dangers of smoking & vaping to help you or a family member quit.
- **Health Plans Inc. – Achieve Health: 866-324-4635**  
Achieve Health, HPI's telephonic health coaching program, offers free and confidential support to health plan members to help you make and stick with lifestyle changes, such as quitting smoking.
- **BMC Family Medicine – Acupuncture: 617-414-2080**  
BMC Family Medicine provides evidenced-based smoking cessation with a 3-5 point ear acupuncture treatment, called the NADA protocol. This service is covered under the BMC Select medical plan.

## Learn More

**Know the Risks:** [www.e-cigarettes.surgeongeneral.gov](http://www.e-cigarettes.surgeongeneral.gov)

**CDC:** [www.cdc.gov/tobacco/basic\\_information/e-cigarettes/severe-lung-disease.html](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html)

**National Cancer Institute:** [www.smokefree.gov](http://www.smokefree.gov)

**Nicotine Anonymous:** [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

**NCI QuitPal:** a free smart phone app that supports trying to quit smoking

**Youth/Teen Smoking Cessation:** [teen.smokefree.gov](http://teen.smokefree.gov); [www.cdc.gov/tobacco/youth/index.htm](http://www.cdc.gov/tobacco/youth/index.htm); [tobaccofreekids.org](http://tobaccofreekids.org)