

THE BENEFITS OF QUITTING

Can you notice the progress?

Whether you quit for 20 minutes or for the rest of your life; when you choose to skip a cigarette, your body begins to readjust to a healthier state.

For more information, visit [Health Consequences of Smoking: A Report of the Surgeon General](#)

1 YEAR

Your risk of having coronary heart disease is half that of a current smoker's.

1 - 9 MONTHS

Coughing and shortness of breath that you might have experienced while smoking, can now be managed.

2 WEEKS - 3 MONTHS

Your risk of having a heart attack begins to decrease. As well as, your lung functions beginning to improve.

12 HOURS

The carbon monoxide in your blood drops to a normal level.

20 MINUTES

Heart rate and blood pressure return to a normal level.

Want to assess your tobacco usage? Reach out to ConnectCare3 to become enrolled in our personalized tobacco cessation program.

 ConnectCare3[®]

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