



# The time is now

**Say goodbye to smoking**  
The best is yet to come

Ready to put out that last cigarette and say goodbye to smoking? You'd be amazed by how fast your health can improve once you quit. And how much better you can feel after you do. With the right tips and support, you can break the habit. And change your life in ways you never knew were possible.

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# Make way for a healthier you

Choosing to stop smoking seriously has its benefits. Here's what can happen if you quit today:

- Your heart will start to recover the very next day
- Your risk for heart disease will drop sharply after two years
- You'll lower your risk for cancer in areas such as your mouth, throat and lungs
- Your sense of smell and taste will improve
- You'll save money
- You'll protect your family from breathing second-hand smoke



Choosing to quit smoking is worth it. For you, your health and all your best days ahead.  
**For more tips on how to quit, just visit [aetna.com](http://aetna.com).**

## Your best tips for quitting

It's no secret that quitting isn't always easy. But there are tips and resources to help get you started. And things you can do to stay smoke-free for good.

**Join a support group.** Buddy up. You'll love connecting with others who are trying to quit, too.

**Remember your "why."** Why do you want to quit? Remind yourself, and write it down every time you feel the urge to smoke again.

**Avoid triggers.** Skip alcohol, coffee and social events. Just until you're less tempted.

**Keep yourself busy.** Use this as an opportunity to find another hobby or to learn something new.

**Plan ahead.** Before you start quitting, it's good to know what to expect. To learn more, just visit [smokefree.gov/ready-to-quit](http://smokefree.gov/ready-to-quit).

**Stay positive.** Stay strong. If you slip up one day, just refocus and try again. You got this.

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