



Kick the bad habit for good

Quitting smoking isn't easy, but it's worth it. The good news is that once you stop, your body starts healing right away. Carbon monoxide levels normalize in just 12 hours, and your risk for heart disease drops by 50% after your first year as a nonsmoker.¹ Here are some simple ways to increase your chances of successfully kicking the habit.

Make a clean break

Get rid of anything that reminds you of smoking. Cigarettes are a no-brainer, but lighters and ashtrays belong in the trash, too – along with anything else that could trigger cravings.

Wait it out

Cravings only last 5 to 10 minutes, and then they go away.² Set a timer and find something to distract your mind and keep your hands busy so you can get through the craving without lighting up.

Focus on the rewards

Your health is a good reason to quit smoking. But you'll also feel better, smell better, look better, and save money. When you're struggling to stay smoke-free, remember why it's worth it.

Visit kp.org/quitsmoking.

¹American Lung Association.

²Centers for Disease Control and Prevention.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101