

# Picture your life without tobacco

You may have smoked for so long, it feels like a physical part of you. But it's not too late to quit.

No matter how long you've smoked, your health will improve within 20 minutes of quitting, when your heart rate and blood pressure stabilize.

After two weeks, your circulation and lung function improve.

After one year, your excess risk of coronary heart disease will be half that of a continuing smoker.

Quitline Iowa here can help. A Quit Coach staff member will put together a Quitting Plan just for you and provide one-on-one coaching and expert guidance. You'll have unlimited phone access to a coach so that you're never alone.

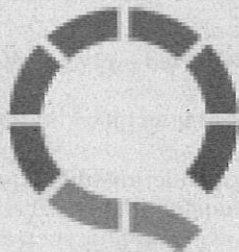
When you enroll in the program, you'll also receive:

— An easy-to-use printed Quit Guide you can reference in any situation to help you stick with your Quitting Plan. It will include special information addressing any medical conditions.

— Advice on which type, dose and duration of nicotine substitute or medication is right for you, and on how to use it so it really works. You'll receive free nicotine replacement therapy (patch, gum, lozenge) as part of your Quitting Plan.

— Membership to the Quit Coach website, a community where you can complete activities, watch videos, track your progress and join in discussions with coaches and other participants.

Picture your life without tobacco — you'll feel a lot better. Quitline Iowa is free to qualified Iowa residents. Call 1-800-QUIT-NOW, or log on to [www.quitlineiowa.org](http://www.quitlineiowa.org) to learn more.



## QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8689