



## *Picture Your Life Without Tobacco*

You may have been smoking for so long, it feels like a physical part of you. But it's not too late to go your separate ways. No matter how long you've smoked, your health will start to improve within 20 minutes of quitting, when your heart rate and blood pressure will drop. After just two weeks your circulation improves and your lung function increases, and after one year your excess risk of coronary heart disease will be half that of a continuing smoker.

If you've tried to quit before, it's time to try something different. When you enroll in Quitline Iowa, an individualized quitting plan will be put together just for you, addressing your needs and concerns. You may be eligible to receive a free 8-week supply of nicotine patches, gum or lozenges to help you quit.

**1-800-QUIT-NOW | [www.quitlineiowa.org](http://www.quitlineiowa.org)**  
(1-800-784-8669)



Produced with funding from the Iowa Department of Public Health, Division of Tobacco Use Prevention and Control.

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