



The path to better health

Stop smoking, start benefitting

Choosing to stop smoking has its benefits. You'd be amazed by how fast your health can improve once you've quit:

After 8 hours

- Nicotine and carbon monoxide blood levels are halved
- Your oxygen levels return to normal

After 48 – 72 hours

- No lingering trace of nicotine
- Improved taste and smell
- Your breathing becomes easier
- Your energy increases

After 2 – 12 weeks

- Your circulation improves

After 3 – 9 months

- Your lung function improves by up to 10 percent
- Coughing, wheezing and breathing problems improve

After 1 year

- Your risk of heart disease becomes half that of a smoker

After 10 years

- Your risk of lung cancer falls to half that of a smoker

After 15 years

- Your risk of heart attack is no different than someone who has never smoked.

For help stopping smoking, search Aetna International's **'Quit smoking support & resources'** hub. With the right tips and support, you can break the habit. Stay strong. If you slip up one day, just refocus and try again. **You can do this.**

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