### Fact Sheet – Benefits of Quitting Smoking

**Within 20 minutes of your last cigarette:**
- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of extremities increases to normal

**After 8 hours:**
- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

**After 24 hours:**
- Chances of heart attack decrease

**After 48 hours:**
- Nerve endings in nose and mouth start to re-grow
- Ability to taste and smell improves

**After 72 hours:**
- Bronchial tubes relax, making breathing easier
- Lung capacity increases

**2 weeks to 3 months:**
- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

**1 to 9 months:**
- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia re-grow in lungs, increasing ability to handle mucus, clean lungs, and reduce infection

**5 years:**
- Lung cancer death rate for average smoker decreases from 137 per 100,000 people to 72 per 100,000 people

**10 years:**
- Pre-cancerous cells are replaced with normal cells; risk of other cancers such as mouth, voice box, esophagus, bladder, kidney and pancreas decreases

## Activity Sheet – Smoking Triggers and Cues

### A. Physical settings or events in which I am likely to smoke:

1. 
2. 
3. 

**Alternatives to a cigarette:**

1. 
2. 
3. 

### B. Emotional events in which I am likely to smoke:

1. 
2. 
3. 

**Alternatives to a cigarette:**

1. 
2. 
3. 

### C. Behavioral settings in which I am likely to smoke:

1. 
2. 
3. 

**Alternatives to a cigarette:**

1. 
2. 
3.
Fact Sheet – Your Plan for Success

Step One: Prepare for Quit Day

- Restrict smoking access or locations
- Practice going without one cigarette
- Set a specific quit day and time
- Start buying cigarettes by the pack, rather than by the carton
- Identify and practice coping skills
- Enlist support
- Build and maintain your motivation
- Remove all cigarettes, lighters, matches and ashtrays the night before Quit Day
- Put together a “survival kit” of gum, hard candies, rubber bands, bottled water, carrot sticks, etc. for Quit Day

Step Two: Quit Day Arrives

- Plan out the entire day
- Practice coping skills
- Identify and maintain your reward system
- Use your survival kit supplies
- Have your teeth cleaned
- Air out your home, car, office
- Utilize your support network
- Go to bed early, if necessary!

Step Three: Maintaining Your Motivation

- Keep track of your nonsmoking days on a calendar
- Start a walking program
- Purchase a reward with your newfound savings
- Refer to the Fact Sheet – Benefits of Quitting Smoking handout
- Never allow smoking to be an option
### Activity Sheet – People and Places Support

**A. People who will support my decision to quit smoking:**

1. 
2. 
3. 
4. 
5. 
6. 

**B. Places where I will be comfortable as a nonsmoker:**

1. 
2. 
3. 
4. 
5. 
6.
Smoking Cessation Handouts

Activity Sheet – Financial Impact of Smoking

Calculate my weekly cost of smoking:

Multiply packs per week ______ by cost per pack $________

MY TOTAL SMOKING COST PER WEEK = $__________

Calculate my annual cost of smoking:

Multiply my weekly cost (above) by 52 weeks per year

MY TOTAL SMOKING COST PER YEAR = $__________

Alternative ways I could use this money:

•

•

•

•

•

•

This material is provided by CIGNA for informational/educational purposes only. It is not intended as medical/clinical advice. Only a healthcare provider can make a diagnosis or recommend a treatment plan. For more information about your behavioral health benefits, you can call the member services or behavioral health telephone number listed on your healthcare identification card.
Smoking Cessation Handouts

Telephone Seminar Evaluation

Please complete this form and fax it to 1.952.996.2702, or email it to eshcomments@cigna.com

Your company: ____________________________________________

Seminar date: ___________  Company city, state: _________________

Presenter: _______________  Title of seminar: _________________

Please state your agreement/disagreement with the following statement using this scale.

<table>
<thead>
<tr>
<th>4 Strongly Agree</th>
<th>3 Agree</th>
<th>2 Disagree</th>
<th>1 Strongly Disagree</th>
</tr>
</thead>
</table>

1. SEMINAR CONTENT:
   a. The information I received was helpful.  4 3 2 1
   b. The seminar met the stated objectives. 4 3 2 1

2. SPEAKER EVALUATION:
   a. The speaker presented the information clearly.  4 3 2 1
   b. The speaker responded well to participants.  4 3 2 1
   c. The speaker was knowledgeable on the subject. 4 3 2 1

3. Overall I was satisfied with the seminar presentation.  4 3 2 1

4. What part(s) of the seminar did you like best, and why?

5. What part(s) of the seminar did you like least, and why?