

Ready to QUIT TOBACCO?



Be Well Arkansas can help.

WHAT HAPPENS AFTER YOU QUIT USING TOBACCO?

WITHIN
20
MINUTES

heart rate and
blood pressure
drop.

WITHIN
12 HOURS

the carbon
monoxide in your
blood drops and
your oxygen level
increases.

WITHIN
**1 to 9
MONTHS**

you will
cough less
and breathe
easier.

AFTER **1 YEAR**

your risk of heart disease is cut in half.



AFTER **5 YEARS**

the risk of stroke is
the same as
someone who
does not smoke.

AFTER **10 YEARS**

risk of death from lung
cancer is cut in half and risk
of cancer in the kidney,
pancreas, and other areas
decrease.



833-283-WELL • BEWELLARKANSAS.ORG

Pick one of these three

SIMPLE STEPS

& you're on the way to quitting!



CALL 833-283-WELL

Your call will be answered by someone who can help you enroll for **FREE TOBACCO QUITTING SERVICES.**

Your wellness counselor can also help you manage diabetes and high blood pressure.



GO ONLINE

Visit BeWellArkansas.org to chat with a wellness counselor, download the apps, or sign up for free text messaging support.



VISIT YOUR LOCAL HEALTH UNIT OR MEDICAL CLINIC

Your provider will submit a referral and a wellness counselor will call you within 24 hours.

WHAT IF I'M PREGNANT?

Be Well Arkansas can help, whether you are planning to become pregnant, are currently pregnant or breastfeeding your baby.



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