



Healthy Living *tips*



Tobacco Avoidance

Tobacco use is the number one cause of premature and preventable death in the United States.



Good News, it's never too late to start being tobacco-free!



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Tobacco Spending Facts

Average cost of tobacco use:

Cost per day: \$10.86

Cost per week: \$76.04

Cost per month: \$325.80

Cost per year: \$3909.60

Smoke 1 pack a day costs:

Cost per day: \$6.67

Cost per week: \$46.69

Cost per month: \$200.10

Cost per year: \$2,401.20



Smoke 2 packs a day costs:

Cost per day: \$13.34

Cost per week: \$93.38

Cost per month: \$400.20

Cost per year: \$4,802.40

2 cans of smokeless tobacco a week:

Cost per week: \$6.00

Cost per month: \$180.00

Cost per year: \$2160.00



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Benefits of Being Tobacco Free

Immediate benefits begin when you stop the use of tobacco.



The level of carbon monoxide in the blood declines in a few hours.

Better circulation, less phlegm, coughing or wheezing in a few weeks.

Improved lung function after several months being tobacco-free.

Heart rate and blood pressure begin to return to normal.

The risk of cancer, heart disease, COPD and other diseases are reduced just by quitting.



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Steps to Quit Smoking

Tobacco-free living means avoiding use of all types of tobacco products — including cigarettes, cigars, smokeless tobacco, pipes and hookahs — and also living free from secondhand smoke exposure.

www.UCanQuit2.org lists steps to help quit tobacco:

Thinking about quitting: get ready

Preparing to quit: get support

Quitting: learn new behavior and skills

Staying quit: get medication and take it correctly and prepare for relapse or difficult situations



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Resources



Looking for TRICARE tobacco cessation coverage and information, visit www.tricare.mil/healthyliving.

Quit Tobacco—Make Everyone Proud: An educational campaign for the U.S. military, sponsored by the U.S. Department of Defense. The site provides the opportunity to learn more about tobacco cessation, develop a personalized plan for quitting, create a personal or public blog, and communicate privately with a live chat feature, www.ucanquit2.org



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