

What happens when you quit nicotine

Quit For Life® is designed to give you the confidence you need to quit for good. Here's a timeline of all the positive effects on your body after your last cigarette or vape.

The bigger picture



1 Year

Your excess risk of coronary heart disease is half that of a continuing smoker.



2 to 5 Years

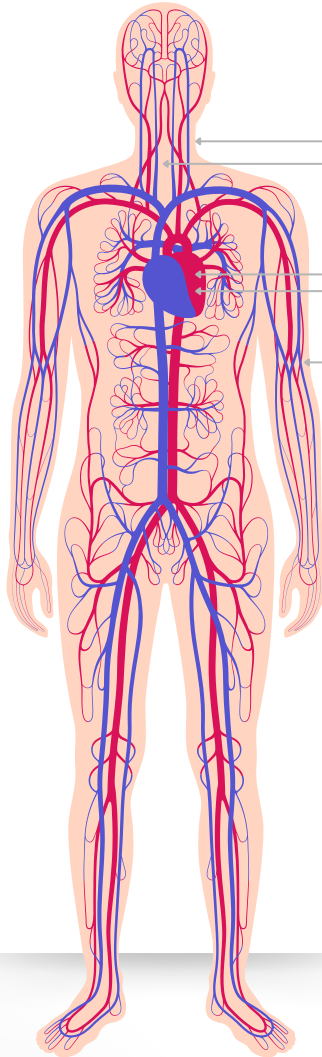
Your risk of having a stroke is reduced.



15 Years

Your risk of coronary heart disease is close to that of a nonsmoker.

Quit For Life gives you a personalized Quit Plan and 1:1 access to coaches via phone, chat, or text. Plus group video sessions, nicotine replacement therapy, and more. All at **no additional cost** to you.



20 Minutes

Your heart rate drops.

36 Hours

Carbon monoxide levels in your blood may decrease to normal.

48 Hours

Nerve endings start to regrow, and the ability to smell and taste is enhanced.

14-90 Days

Your heart attack risk drops, and your lung function begins to improve.

1 to 9 Months

You may cough less and not experience shortness of breath as easily.



Get started at quitnow.net or scan the QR code.
1-866-QUIT-4-LIFE (866-784-8454)



1. CDC. Smoking & tobacco use. cdc.gov/tobacco/; Office on Smoking and Health. cdc.gov/tobacco/about/osh/; National Center for Chronic Disease Prevention and Health Promotion. cdc.gov/chronicdisease/ (updated Oct. 2016). cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/. Accessed March 6, 2019.
2. American Cancer Society. Benefits of quitting smoking over time (updated Nov. 2018). cancer.org/healthy/stay-away-from-tobacco/benefits-of-quitting-smoking-over-time.html. Accessed March 6, 2019.

Quit For Life is available to eligible members at no additional cost as part of your health benefits. The Quit For Life program is educational in nature and is not a substitute for medical advice.

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