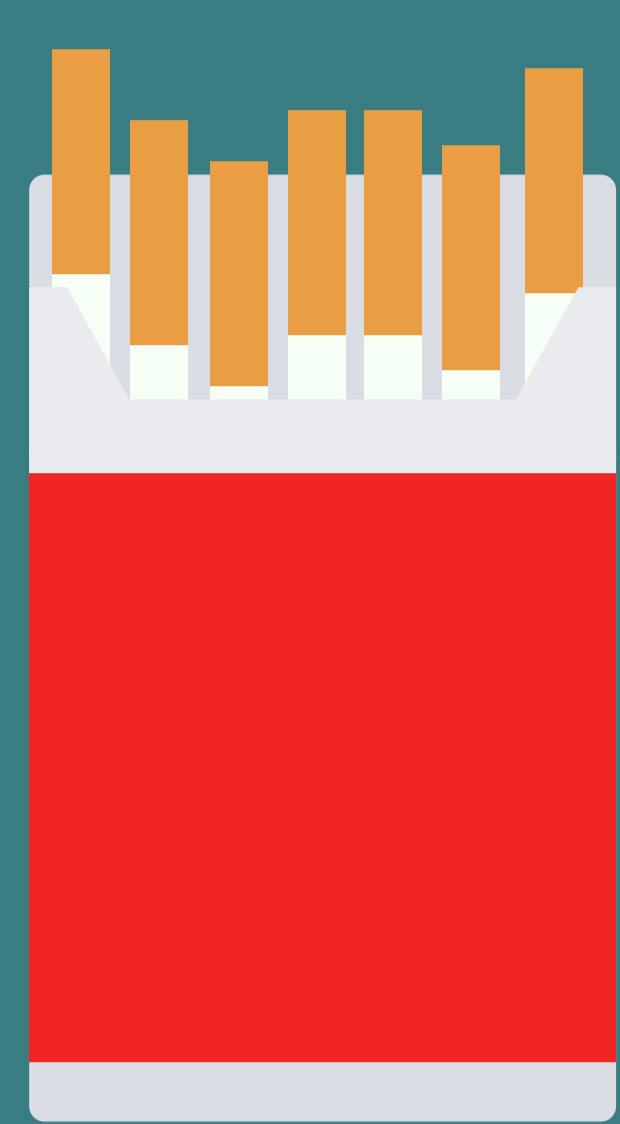


Help Your Employees Kick the Habit

Tobacco is the **#1 preventable cause** of disease, disability and death in the U.S.

nicotine



15%
of adult Americans
smoke cigarettes
Does not include e-cigarettes*



6.7%



0.3%

Smokeless Tobacco

carbon monoxide



Annual amount tobacco use costs, world wide in healthcare spending, productivity losses, fire damage and other expenses

On average, people who smoke miss **6.5 more days of work a year** and make **6 more visits to healthcare centers each year** than nonsmokers

tar

\$151 Billion
Annual U.S. productivity losses caused by smoking



\$150-\$450
Annual savings to employers: per employee who quits



arsenic

74%

of people who smoke say they want to quit

30

Average number of times a person tries to quit smoking before successfully quitting for 1 year or more



ammonia

Only 4 - 7%

of people can quit smoking without any support or medicine



Smokers are **2x** more likely to succeed in quitting when using a medication



hydrogen cyanide



35%

Average quit rate with a smoking-cessation program

* **52% 2015 quit rate for Health Alliance members enrolled in Quit For Life, our current program.**

Quit for Life[®]

- ▶ **600 employers and health plans** and **27 state agencies** currently partner with Quit For Life[®]*
- ▶ **1 million:** Number of people Quit for Life has helped make a plan to quit
- ▶ Since 2003, **4,440 Health Alliance members** have participated in a Health Alliance tobacco cessation program

*Quit For Life[®] is a national program by the American Cancer Society and Alere Wellbeing with a track record of success. All Health Alliance fully insured plans include Quit For Life, and self-funded employers can choose to include it in their coverage.

To learn more about our plans, which include support to help your employees kick their habit, go to HealthAlliance.org or call **1-800-851-3379**.

Sources

- Centers for Disease Control and Prevention
- American Cancer Society
- Tobacco Use Insights
- National Institute on Drug Abuse
- Quit For Life
- National Public Radio
- BMJ Open
- Gallup

