



## 3 good reasons to quit tobacco

1. **Your health.** You've heard it before, but tobacco use causes cancer, heart disease, chronic bronchitis, asthma and emphysema.
2. **Your family.** Live a healthier, longer life. Did you know quitting could add 10-15 years to your life?
3. **Your wallet.** The average smoker spends as much as \$3,000 a year on cigarettes. The average spit tobacco user spends up to \$1,500 a year on chew.

If you use tobacco, Medica is here to help. Call our Tobacco Cessation quit line at 1-800-934-4824.

Discover all the valuable health and wellness resources for you at [medica.com/managemyhealth](http://medica.com/managemyhealth).

**MEDICA.**

Source: Centers for Disease Control and Prevention

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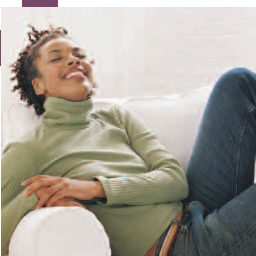
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