1 pack a day habit now costs more than $2200 a year — $184 per month

2 packs a day habit now costs more than $4400 a year — $368 per month

If you quit, you can:
Take your family on a WEEK LONG vacation to Myrtle Beach with the money you save in one year.

If you and your partner quit, you can:
Afford a monthly car payment

Quit today and
In 2 weeks, you can pay for monthly cable (or satellite) TV service

In 4 months buy a laptop or tablet and internet service

In 1 month, get a smartphone and cellular service

During the year you can buy all the things your new baby will need.

Quitting is hard, but help is available.
Talk to your doctor or nurse, visit women.smokefree.gov or call 1-800-QUIT NOW.