

# Great American Smokeout!

**November 21, 2013**

**Quitting isn't easy, but it's time to try.**

Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke. - *American Cancer Society*

Visit [www.provider.bcbs.com](http://www.provider.bcbs.com) or call **888-222-9206** to find a provider near you



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