

# Stop letting your money go up in smoke

Quitting smoking is hard. But it's worth the effort – both to your health AND to your wallet.

The average smoker spends \$1,825 each year<sup>1</sup> on cigarettes. Can you think of a better use for your money?

**It's not just smokers who pay more.**

Businesses pay more in health care and workers' compensation costs. What's more, taxpayers pick up the burden on smoking-related government spending.

**Quit smoking.  
Save money.  
Save your health.**

Log in at [anthem.com/ca](https://www.anthem.com/ca) for tools, resources and health programs to help you get the most from your health care dollars.

- Smoking Cessation programs
- SpecialOffers
- And more



<sup>1</sup> Musich S, Napier D, Edington D. The association of health risks with workers' compensation costs. JOEM. 2001;43(6):534-541.