Make Quitting Count

Your savings will add up.

Start a money jar. Each day you don't smoke, put your cigarette money in the jar. With the money you save, reward yourself for being smoke-free for a week, month or year!

Tips for coping with triggers:

- **Feeling bored?** Find a new hobby or exercise. Being physically active is great for your health and can help curb the urge to smoke.
- **Feeling hungry?** Have a healthy snack or drink some water.
- **Finished a meal?** Brush your teeth right after eating. Take a walk.
- **Need a work break?** Stretch. Go for a quick walk. Talk to a co-worker.
- **Feeling nervous, stressed or anxious?** Try a relaxation technique like deep breathing. Call a friend.
- **Around other people who smoke?** Go to places where smoking isn't allowed. Tell friends that you're trying to quit.
- **Still having trouble coping?** Don't struggle alone. Text "Well" to 65173 or call 888-NYC-WELL (888-692-9355) to speak with a free, confidential mental health counselor.

Resources

Talk to your doctor about medication and counseling options.
Most health insurance plans, including Medicaid, cover services to help you quit.

Get a free starter kit of quit-smoking medications or talk to a quit coach.
Visit **nysmokefree.com**.
Call 866-NY-QUITS (866-697-8487) or 311.

Connect to other resources.
Visit **nyc.gov** and search **NYC Quits**.

DOWNLOAD THE
NYC HelpMeQuit
APP TODAY!

Download the new **NYC HelpMeQuit app** from the Apple or Google Play store.

Visit **nyc.gov** and search **Health Map** to find local quit-smoking programs.

Visit **facebook.com/nycquits**.

NYC Health

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QUIT TO SAVE

What's in your ashtray?

NYC Health

The Cost of Smoking

A pack of cigarettes in New York City costs more than $13. Even if you only smoke a few cigarettes a day or if you don't smoke every day, the money adds up.

Instead of watching your money go up in smoke, spend it on things you need and want.

What's in Your Ashtray?

See how much you would save if you quit smoking.

If You Smoke This Much	Amount Saved: One week	Amount Saved: One month	Amount Saved: One year
One pack a week	**$13** One new book	**$52** Lunch for one work week	**$676** Groceries for about two months
Half a pack a day	**$46** A night for two at the movies	**$195** Citi Bike annual membership and one new helmet	**$2,373** Family cell phone bill for a year
One pack a day	**$91** Annual membership to a museum	**$390** Seventy round-trip subway rides	**$4,745** Babysitter once a week for a year
Two packs a day	**$182** Two tickets to a Broadway show	**$780** Two round-trip, cross-country flights	**$9,490** One year of CUNY college tuition, books and a laptop