



**YOUR HEALTH WILL BEGIN
TO IMPROVE IMMEDIATELY
AFTER YOU QUIT SMOKING:**

After 20 minutes:

your heart rate and blood pressure
drops to a healthier level

After 2 days:

your heart attack risk begins to drop

After 2-3 weeks:

your lung function improves

**1 IN 4 NEW YORKERS HAS
HIGH BLOOD PRESSURE
(HYPERTENSION).
QUIT SMOKING TO LOWER
YOUR RISK TODAY.**

READY TO QUIT?

The Employee Smoking
Cessation Assistance Program

— **ESCAPE** —

provides free medication and
personalized, confidential
counseling to help you quit.

Call **212-676-2393** to get
started today.

WorkWell NYC is here to help! Visit
nyc.gov/workwellnyc for resources and
programs to keep your heart healthy.