

Health & Wellness Tip of the Week

Week 46
November 12, 2018

Our mission is to promote health awareness and
Encourage healthy lifestyles.



BlueCross BlueShield
of Texas

Take wellness to heart

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Services Company, an Equal Opportunity Employer of Blue Cross and Blue Shield Association.

The First Day of the Rest of your (non-smoking) Life

Still hanging around in the parking lot to grab a quick smoke? Are yellow teeth and fingernails getting you down? Do friends, coworkers and family keep their distance because of the smell of smoke clinging to your clothes, breath and hair?

The Great American Smokeout, November 15, is your chance to go 24 hours without these effects of smoking. Plus, you'll see immediate benefits, including:

- Lower heart rate and blood pressure just 20 minutes after quitting
- Lower carbon monoxide levels in your blood
- Improved budget – cigarettes are expensive!

Since you made it through a whole day without tobacco, how about trying it for another day – and then the rest of your life?

Source: American Cancer Society

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