

Cost of Smoking

What does tobacco cost?

A pack of cigarettes costs about **\$6/pack (that's \$2,190/year for a pack a day)**. But the cost of smoking is more than just the amount you spend on tobacco products. Smoking and vaping have many financial, social, and health costs for you and your family.

Your Costs Include

- Your physical health
 - Stroke
 - Gum disease
 - Tooth loss
 - Cancer
 - Heart disease
 - Chronic obstructive pulmonary disease (COPD)
- Your social health
 - Isolation from people who don't smoke

Financial Costs

- Purchasing tobacco products
- Medical bills/Medication
- Lost time at work/school

Your Family's Costs Include

- Miscarriage
- Low birth weight
- SIDS
- Respiratory infection
- Asthma

What could you do with an extra \$2,190 a year?

- Pay off debt
- Take a vacation
- Save for a big purchase
- Enroll in a class or course
- Add to an emergency fund
- Save for retirement

Smoking is likely costing you too much. Reach out to the Quitline today to improve your and your family's health!

Call 1-800-QUIT-NOW, text READY to 34191, or log onto equitnow.com.

Cost of Smoking

