

Save money: Convince your employees to quit

Quit using tobacco, that is. Healthier employees mean a healthier bottom line, and tobacco cessation greatly reduces a person's risk of disease and premature death.(1) The average cost of a pack of smokes is \$5.11,(2) but each pack also racks up an estimated \$10.47 in future smoking-related health costs.(1) A pack-a-day smoker will spend \$1,865.15 on cigarettes in 2010, in addition to almost \$4,000 in future health costs for every year of smoking.

According to the National Business Group on Health, businesses pay an average of \$2,189 in workers' compensation costs for smokers, compared with \$176 for nonsmokers.(3) That's \$2,000 in your pocket for every employee who quits! The bottom line? Helping your employees quit will save money and lives.

Anthem Blue Cross and Blue Shield's Time Well Spent toolkit is available to help you develop a tobacco cessation program that works for your employees and your company. At anthem.com/timewellspent/smoking, you have access to informative and motivating articles, color posters for the office, and links to resources that provide tips, encouragement, and support to people trying to quit.

Rally your employees for the cause of stamping out tobacco use. You'll be helping to save lives, save money, and save jobs.

Sources:

1 Centers for Disease Control and Prevention, cdc.gov

2 Campaign for Tobacco-Free Kids, tobaccofreekids.org

3 National Business Group on Health, businessgrouphealth.org