



It Pays to Quit Smoking

Not only does quitting smoking offer a slew of health benefits, it can also potentially save you thousands of dollars every year! What would you do with all the money you would save if you quit today?

Amount of Money You Would Save				
Packs per Day	1 Day	1 Month	3 Months	6 Months
½	\$3.14	\$94.20	\$282.60	\$565.20
1	\$6.28	\$188.40	\$565.20	\$1,130.40
1.5	\$9.42	\$282.60	\$847.80	\$1,695.60
2	\$12.56	\$376.80	\$1,130.40	\$2,260.80
3	\$18.84	\$565.20	\$1,695.60	\$3,391.20
4	\$25.12	\$753.60	\$2,260.80	\$4,521.60

Amount of Money You Would Save				
Packs per Day	1 Year	3 Years	5 Years	10 Years
½	\$1,130.40	\$3,391.20	\$5,652.00	\$11,304.00
1	\$2,260.80	\$6,782.40	\$11,304.00	\$22,608.00
1.5	\$3,391.20	\$10,173.60	\$16,956.00	\$33,912.00
2	\$4,521.60	\$13,564.80	\$22,608.00	\$45,216.00
3	\$6,782.40	\$20,347.20	\$33,912.00	\$67,824.00
4	\$9,043.20	\$27,129.60	\$45,216.00	\$90,432.00

**Estimates based on an average of \$6.28 per pack of cigarettes. Does not include interest income from investing savings.
Sources: Centers for Disease Control and Prevention (www.cdc.gov) and National Cancer Institute (www.smokefree.gov)*

Learn more about the benefits of quitting and find additional **Smoking & Tobacco Cessation** resources at benefits.cat.com > **Wellness**.