



## **Tobacco-Free Discount**

**If you participate in a Price Chopper health plan and do not smoke or chew tobacco, you can receive a \$10 discount each week off your payroll contribution!**

Every day, almost 1,200 Americans die from smoking. Smokers are about twice as likely to die from cancer and three times as likely to die from heart attacks as non-smokers. When you quit tobacco, your health begins to improve in as little as 20 minutes (your blood pressure and temperature return to normal). One year after quitting, your chance of heart attack is cut in half. Your risk of stroke is the same as a non-smoker's 5-15 years after you quit, and the risk of developing coronary heart disease or dying of lung cancer is drastically reduced.

As a Price Chopper associate, it pays to be HealthSmart by being tobacco-free (not smoking and chewing tobacco). Submit a tobacco-free guarantee online when you register during Open Enrollment, enroll in an MVP medical plan, and get a discount off your weekly payroll contributions!

**Want to quit using tobacco? Call your Personal Lifestyle Coaches for help with tobacco cessation and more: Personal Lifestyle Coaching™, 1-877-748-2746 (available to MVP members 1/1/09)!**