



ONLINE COACHING PROGRAM

CREATE YOUR OWN QUITTING PLAN

My Health Assistant from WebMD®, one of the most trusted names in health care, is an online digital coaching program that lets you create a quit plan that works for you. The program helps you set realistic goals, offers you practical techniques for quitting, and guides you through the quitting process – while letting you make all the important decisions along the way. My Health Assistant can help you to:

- Choose your quit method
- Identify your triggers
- Plan your coping strategy
- Find support
- Prepare your environment
- Plan your quit day
- Prevent relapse

This online program is available 24 hours a day, seven days a week by logging onto your member website and enrolling in the tobacco program.

*Learn how it feels
to be tobacco free.
Call or enroll today.*

Effective

January 1, 2015

Insurance Premiums

will be discounted for non-tobacco users.

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Please review your benefit plan for covered services.

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QUIT TOBACCO FOR GOOD

WE HAVE PROGRAMS THAT CAN HELP



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Quitting tobacco is not easy. It requires will power, lifestyle changes and support. But the benefits of quitting are immediate – and long term. You can reverse some of the damage that tobacco causes to your body, reduce your risk for a tobacco-related illness, and add years to your life.

We have programs that can help you quit. You can choose a self-help, telephone-based or online coaching program that's convenient for you and meets your individual needs. Whichever program you choose, you'll get the information, strategies and support that can help you to quit for good.

All programs are free to members.



SELF-HELP COACHING PROGRAM

QUIT AT YOUR OWN PACE

This self-administered tobacco cessation program leads you through the process of quitting within your own timeframe. You can make unlimited toll-free phone calls to a qualified tobacco cessation counselor, who will provide the techniques and support you need to:

- Establish a timeframe for quitting
- Modify your behavior
- Cope with withdrawal
- Manage stress
- Manage weight

For more information or to enroll, call 1-800-345-2476.



TELEPHONE-BASED COACHING PROGRAM

GET ONE-ON-ONE COACHING SUPPORT

This one-year telephone-based program includes five scheduled phone calls from your own professional tobacco cessation specialist, who will help you reach your goals and solve problems you encounter along the way. You can also make unlimited toll-free calls to your specialist to address your concerns and receive support. Your specialist will help you to:

- Stay on track
- Modify your behavior
- Cope with withdrawal
- Manage stress
- Manage weight

For more information or to enroll, call 1-800-345-2476.



To stop smoking takes hard work and a lot of effort, but you can quit.

Source: US Surgeon General