



# Tobacco Cessation Program

The perfect time to quit is now.

## Your health matters

Quitting smoking is hard, which is why EMI Health and WebMD Health Services have teamed up to make the process a little easier. This partnership exists to help you become the healthiest version of yourself; guiding our members to quit an activity that has been proven to cause dangerous and life-threatening health problems is our mission.

## The program

- Meet 1-on-1 with a coach by phone, in-person, or through secure messaging
- Develop strategies to make quitting easier
- Discover the negative impacts that tobacco can have on your life & the positive outcomes of quitting
- Experience how to quit and stay tobacco-free
- Utilize Nicotine Replacement Therapy when appropriate
- Establish positive daily habits and create small achievable goals
- A three month program to give you the support you need

## The best part?

The program is voluntary, completely confidential, and comes at no cost to you.

Get started today, by logging into your Be Well portal and connecting with a health coach



# Smoking Cessation Program

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## Valuable resources to help kickstart your smoke-free life.

1

### Freedom from Smoking Program - American Lung Association

<https://www.lung.org/quit-smoking/join-freedom-from-smoking>

2

### Create a Quit-Smoking Plan - Mayo Clinic

<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/smoking-cessation/art-20045441>

3

### How to Quit - CDC

[https://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm)

4

### How to Quit Smoking - American Cancer Society

<https://www.cancer.org/latest-news/how-to-quit-smoking.html>

5

### Smokefree Text Messaging Programs - smokefree.gov

<https://smokefree.gov/tools-tips/text-programs>

6

### Telephone Quit-Lines

Call the American Cancer Society at 1-800-227-2345 to find a phone counseling program in your area.

7

### Support Groups

Contact your local hospital or the American Cancer Society (1-800-227-2345) to find a group that works for your needs.

8

### Quit-Smoking App - National Cancer Institute

Sign up by texting "QUIT" to iQUIT (47848) and entering the date of your Quit Day - the day you will stop smoking.