

A close-up photograph of a person's hands breaking a cigarette in half. The person is wearing a light blue shirt. The cigarette is held between the fingers of both hands, and it is being snapped in two. The background is a soft, out-of-focus light blue.

Smoking Cessation Program

The perfect time to quit is now.

Your health matters.

Quitting smoking is hard, which is why EMI Health and Magellan Rx Management have teamed up to make the process a little easier. This partnership exists to help you become the healthiest version of yourself, so 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 who has been trained by the American Lung Association
- Develop ways to make quitting easier
- Learn the health benefits of quitting
- Discover the negative impacts that smoking can have on your life
- Experience how to quit and stay smoke-free

The best part?

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

Quit today by calling **1-855-586-2568** or by emailing wellness@magellanhealth.com



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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

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.