

We'll Help You

Quit Tobacco... for Good!

The time to quit tobacco is now and your Health Advocate Tobacco Cessation program, made available through your employer or plan sponsor at no cost to you, can help. Sign up today to get unlimited, confidential access to your own personal Coach, who can help you set up your own quit plan and support you every step of the way.

Program Features:

- **Personalized, confidential support.** Expert Coach will help you develop a personalized quit plan that's right for you.
- **12 weeks of one-on-one help.** Schedule sessions or reach out to your coach whenever you need support to stay on track.
- **Not just for smokers.** Those who use other products like cigars, chew, or snuff can also get help!
- **Learn why you use tobacco and why you should quit!** Identify your triggers and cravings – and strategies to overcome them!
- **Nicotine Replacement Therapy (NRT).** Learn how to use NRTs, including medications and over-the-counter products, such as nicotine patches and gum, and how they can support in the quit process.
- **Get Healthy.** Learn strategies to help you replace tobacco usage with healthier habits.
- **Ongoing support.** Coach stays with you throughout the program, every step of the way.

Enroll Today!

Just Call: 866.799.2723 (toll-free) and ask to talk to one of our Coaches. You can then begin your trusted relationship with your Coach through telephone, email or instant message.

Coaches are available during normal business hours Monday-Friday, between 8 am and 9 pm, Eastern Time. Employees who are eligible for benefits can use the program.

Quit for You. Quit for Your Family.
Just Quit.



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HealthAdvocateTM
Always at your side