

Quit smoking with help from WebMD's Tobacco Cessation Coaching Program



Quitting tobacco isn't easy! No matter what's holding you back, WebMD's Tobacco Treatment Specialists are trained to help you kick the habit with a variety of techniques that best fit your needs and lifestyle.



Don't forget to complete the Health Assessment!

Complete a short health assessment to determine eligibility for the QUIT Tobacco Cessation Coaching program.



Nicotine replacement therapy is here for you!

██████████ offers nicotine replacement therapy (NRT).^{*} You will receive two shipments of the NRT of your choice:

- Nicorette Gum
- Nicorette Lozenges
- Nicoderm Patches

^{*}NRT is ONLY available to cigarette smokers.



Earn rewards for quitting!*

- The \$50 monthly surcharge will be removed and reimbursed for current calendar year.
- Earn a \$100 HSA/HRA reward

^{*}Employees must be enrolled in the ██████████ medical plan and complete 5 coaching calls in 12 weeks.

After you complete your health assessment, connect with a coach at



SOURCE

Centers for Disease Control and Prevention: "Health Effects of Cigarette Smoking"
Reviewed by Melinda Ratini, DO MS, July 8, 2019