

blowing out all the candles  
 better circulation  
 dancing like a fool  
 bragging rights  
 work  
 a cleaner house  
 a brighter smile  
 family  
 extra kisses from loved ones  
 finishing a 5K  
 fresher air  
 taking the stairs  
 extra cha-ching in your pocket  
 improving your bad breath  
 love  
 your looks  
 the smell of it  
 easier walks  
 self-respect  
 health  
 life  
 good  
 friends  
 feeling free  
 long hikes  
 clear lungs  
 a lower blood pressure  
 compliments on your age  
 endurance  
 smoke-free hair  
 you  
 walking your daughter down the aisle  
 more bearhugs from your grandkids  
 deeper breaths  
 not having to stand out in the cold  
 less risk of a heart attack  
 an end to yellow fingers  
 your nagging cough  
 whiter teeth  
 keeping that new car smell  
 stamina  
 no more nasty phlegm  
 more energy  
 all the people who have to share an elevator with you  
 a thumbs up on your next visit to the doctor  
 setting a better example  
 fewer wrinkles

**There are thousands of reasons for  
 quitting...which one is yours?**

# When you're ready to quit, we have the tools and support to help.



If you're considering giving up tobacco, we are here to help. Our health coaches, part of the Well ALL Ways program, offer tobacco cessation coaching to help support your decision to quit. Even if you're not ready, coaching can help you explore options for when you are.

## How does it work?

Our tobacco cessation coaching program offers different options and levels of support, including:

- **Dedicated coach**
  - Trained and certified in tobacco cessation
  - Available as often as needed, especially during the first few weeks after quitting
  - Able to work with you on other lifestyle concerns (weight management, stress management, exercise and healthy eating), then add in tobacco cessation coaching when you are ready
  - Able to connect you to other resources offered through your health plan
- **Nicotine Replacement Therapy**
  - Choose from nicotine patch and/or lozenges
  - Choose from five (four-week supply) package options with optional refills
- **Quit Smart® kit**
  - Guidebook, cigarette substitute (mimics the weight, feeling and size of a cigarette) and a relaxation audio CD.

**Call 1-800-851-5951 option 2** or visit [www.mympcwellallways.com](http://www.mympcwellallways.com) to connect with a coach to explore options for living tobacco free.