



Yes, you can! You can quit smoking for good

Healthy Lifestyle Coaching Tobacco Free

Helping you break the habit

You've likely heard it many times before: All tobacco use is bad for your health. Smoking and chewing. Family and friends have urged you to stop, maybe even your doctors too. And you may have even tried to quit at least once.

But it's hard to stop something you've grown to depend on, especially when trying to do it yourself!

Our program will give you help to break the habit and improve the way you feel, every day. You'll learn to make changes in your life to live tobacco free. Or, if you're not ready to quit today, it will help you prepare to quit.

And here's a bonus ... the program comes as part of your health plan. So you don't pay anything to use it. Plus, there are rewards along the way.

Your very own coach

Your wellness coach will help you:

- Work on successful quitting strategies
- Recognize and manage your triggers for tobacco use
- Find healthy alternatives to replace the feeling you get from smoking
- Quit tobacco and feel more energized and healthy

Your coach is there for you every step of the way.

Flexible appointment times.
Individual or group coaching,
or both. At no cost to you.

What makes the program work?

Simply put: You're not in it alone. We're here to support you. That's the beauty of Healthy Lifestyle Coaching Tobacco Free.

The program offers a unique combination of coaching and tools that can empower you to quit.

It's in the coaching

A wellness coach is there to guide and support you:

- Arming you with the information and techniques that will help you succeed
- Inspiring and empowering you along your path to wellness

Our coaches have at least 3 years of coaching experience. And 100 percent are certified tobacco cessation specialists.

Individual or group coaching options

You decide if you'd like to work with a coach one-to-one, or in a group setting. Or you can choose to do both.

Each has its advantages:

- Individual coaching — personalized attention, focused squarely on your needs, your obstacles, your strengths
- Group coaching — peer support and inspiration, as you surround yourself with people who are committed to quitting

Extra rewards to get you started

Free 8-week supply of nicotine replacement therapy is yours for completing 3 sessions with a coach. Or you can choose a \$25 Corporate Rewards gift card instead.

At your 6-month coaching session, you will earn a \$25 gift card.

Other advantages

Work with your coach how and where it works best for you. You can:

- Call your coach — even if you aren't scheduled for a session
- Chat with your coach by phone or e-mail

You also get:

- Easy access to 24/7 online peer support (moderated by a wellness coach)
- Complete privacy — personal information about you or your coaching sessions stays between you and your coach
- Extra support to address personal concerns, like maintaining weight and managing your stress
- Online wellness programs to enhance your coaching sessions
- Materials that reinforce the healthy habits you're learning and developing

You can do it! You can quit tobacco for good. Get started with a coach today — for free.

Call **1-866-213-0153** or log in to **www.aetna.com** and complete a health assessment.

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