

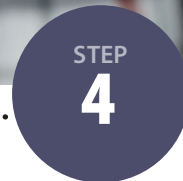
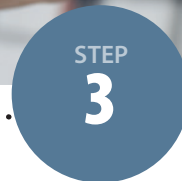
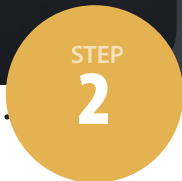
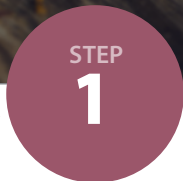


# Welcome to Tobacco Cessation



The HealthReach Tobacco Cessation Program offers resources to help you quit smoking or using tobacco.

This program will help break your addiction to nicotine which will make you much more likely to succeed when quitting tobacco.



**The Tobacco Cessation Program has defined 4 steps for graduation:**

**Complete the Comprehensive Quitting Worksheet & Health Assessment**

This assessment identifies a quit date, reasons for quitting, list of triggers, list of coping techniques, and establishes a plan for removing smoking reminders.

**Submit Pledge of Support to Quit with family member, friend, or co-worker**

Making family, friends and co-workers aware of the program helps encourage and support you to quit smoking, which is why HealthReach involves them in this 10 week process.

**Consult with physician and submit Physician Quit Form**

A form with a checklist of medications and cessation methods that were discussed, selected, and signed by your physician.

**Complete at least three telephonic coaching sessions**

There is no limit to coaching sessions during the 10 week period, however you must complete 3 to graduate from the program.



**HealthReach leads you through a 10-week program that includes:**

- Unlimited coaching sessions
- Relapse prevention counseling
- Educational materials and resources
- Compliance with ACA criteria
- Early referral into the HealthReach Care Management Program (if applicable)

Enroll Today!  
**1-800-582-1535**