

TOBACCO CESSATION COACHING

Choose a tobacco free future

Quitting tobacco is one of the best things you can do for your health. We're here to help.



With our **no-cost** Tobacco Cessation Coaching Program, you'll have a dedicated tobacco cessation coach supporting you along the way, helping you stay motivated and celebrate every milestone.

A plan made for you

Every conversation is focused on your progress. Through scheduled calls and secure messages, your coach will work with you one-on-one to build a plan that fits your life and goals. They'll help you:

- Identify what motivates you to quit
- Cope with cravings and withdrawal
- Build strategies to overcome triggers
- Stay on track through each stage of the quitting journey
- Access nicotine replacement options when appropriate

How to stay on track

The program requires five coaching calls over a minimum of five weeks.

To stay active, complete each call 7 to 45 days apart. If more than 45 days pass, your quit attempt will end and you may need to start the program over.

If you're *ready to quit*, we're *ready to help*.
Log in to your account and click on *Wellbeing*.

(877) 220-2279

8:30 a.m.-10 p.m. ET

liiquantum.com

