



TOBACCO CESSATION

# IF THERE'S A WAY TO HELP YOU QUIT TOBACCO, WE'LL FIND IT

Quitting tobacco isn't easy, but it's one of the best things you can do for your health. Your Tobacco Cessation coach will help you develop a plan, navigate triggers, overcome setbacks and celebrate your successes. Plus, you may be eligible for free tobacco cessation aids like gum, lozenges and patches.

## OVER A MINIMUM OF FIVE WEEKS, YOUR DEDICATED COACH WILL:

- Connect one-on-one during five coaching sessions
- Understand your personal motivators for quitting
- Help you cope with cravings and withdrawal
- Guide you through the stages of quitting
- Connect you with FREE medications and nicotine replacement, if appropriate for you

You can be free from the high cost of tobacco, higher risk of disease and paying more for your healthcare. If you're ready to quit, we're ready to help.

\*Quantum Health Tobacco Cessation six-month post-coaching survey conducted in Summer 2022.

## DID YOU KNOW?

53% OF TOBACCO USERS WHO USE QUANTUM HEALTH TOBACCO CESSATION ARE TOBACCO-FREE AFTER SIX MONTHS.\*

- If you attested to tobacco use during Open Enrollment, you'll incur a \$25/week surcharge on your medical premiums beginning Jan. 1, 2025.
- Complete the Quantum Health Tobacco Cessation coaching program between Nov. 6, 2024, and June 30, 2025, to have the surcharge removed and refunded.
- Coaching sessions must be a minimum of seven days apart so your first call must be completed no later than June 2, 2025.
- Coaching sessions should be scheduled in advance. Same day scheduled calls are not guaranteed.



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(855) 576-9984  
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

