

Ready to Quit Tobacco?

Learn what to do with the How to Be Tobacco-Free Program.

How to Be Tobacco-Free is designed to help you quit tobacco for good.

This special program was developed with the help of ex-tobacco users and tobacco cessation experts. It can help you prepare to quit, support you while you quit, and show you how to enjoy a tobacco-free lifestyle for years to come.

Through the program, you will learn important skills and strategies to:

- Identify and meet your nicotine triggers head-on.
- Anticipate and plan for challenges.
- Reduce withdrawal symptoms.
- Combat cravings.
- Cope with stress.
- Set and reach your goals.
- Plan for success.



How to Participate

By participating in the program, you will work with a personal wellness coach to explore program materials that will guide you through a step-by-step process using proven quit methods. You and your coach will develop a personalized quit plan to help you learn new skills, stay motivated, and discuss your progress.

Ready to Get Started?

For more information or to enroll, call a wellness coach at 1-800-650-8442.

What's Your Reason for Quitting Tobacco?

- Improved health for yourself and those around you
- Lower risk of cancer, heart attack, stroke, emphysema, chronic bronchitis, and cataracts
- Better role model for family
- More energy and mental focus
- Improved physical appearance
- Save money

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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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