



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.

DID YOU KNOW?
53% OF TOBACCO
USERS WHO USE
QUANTUM HEALTH
TOBACCO CESSATION
ARE TOBACCO-FREE
AFTER SIX MONTHS.*

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



[healthyhertz.com](https://www.healthyhertz.com)

(877) 674-3045
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

