

Tobacco cessation resource guide



A UnitedHealthcare Company



KNOW THE FACTS

Tobacco use can lead to tobacco/nicotine dependence and serious health problems. Learn what you need to know.

→ lung.org/stop-smoking



QUITTING IS A JOURNEY

Learn about different tools – and how to use them – to help make quitting a little easier.

→ smokefree.gov



MAKE A PLAN

Quit smoking strategies to keep you focused, confident, and motivated to quit.

→ cdc.gov/tips



GET FREE & CONFIDENTIAL HELP

You can quit smoking for good and live a healthy, smoke free life.

→ **1-800-QUIT-NOW** (1-800-784-8669)