



We're ready if you are...

LET US HELP YOU KICK
YOUR TOBACCO HABIT

Tobacco Cessation Program

Did you know that if you quit smoking today, you could benefit almost immediately?

<i>Within 20 minutes:</i>	<i>Decreased heart rate and blood pressure</i>
<i>Within 1 day:</i>	<i>Decreased risk of heart attack</i>
<i>Within 2–12 weeks:</i>	<i>Improved circulation, increased lung function</i>

If this sounds good to you, we can help you get there.

Enroll in the Tobacco Cessation Program to receive:

- Up to 5 sessions with a quit coach
- A personalized quit plan and self-help materials
- Information about medications that can help you quit
- If medically appropriate, an 8-week supply of nicotine replacement therapy (gum, patches or lozenges) mailed directly to your home at no cost to you
- Additional online resources

Enrollment is easy. Simply call **1-800-934-4824** to speak with a quit coach. Get the guidance and support you need to kick the habit for good.

Call when you're ready to quit:
1-800-934-4824
Or log on to **mymedica.com** and click on the Health & Wellness tab for more information.