

AchieveHealth[®]

Tobacco Cessation Program

A tobacco-free life is within reach

Your health goals are unique to you, your tobacco cessation program should be, too. With *AchieveHealth*, you'll get a coaching approach tailored to you, your life and your health—to help you quit smoking, for good.

The program is:

- Free to you
- Individualized
- Convenient—you'll talk with your coach over the phone when it works best for you.

How we can help

Together, you and your health coach will:

- Create your customized quit plan
- Identify barriers to quitting
- Explore new ways to cope with triggers and cravings

How it works

- Appointments range from 15-30 minutes.
- Your coach will call you at your scheduled appointment time, anytime Monday - Thursday 8:00am to 10:00pm (EST) and Friday 8:00am to 6:00pm (EST).
- Outside of scheduled appointments, you'll be able to contact your coach through a toll-free number.

Not quite ready to quit?

That's okay. Give us a call and we'll talk about quitting when and how it works best for you.



We'll be here for you every step of the way along your journey to quit.
Give us a call at 866-234-4635 to get started.

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