

TOBACCO CESSATION



READY TO HELP WHEN YOU'RE READY TO QUIT

If you're like 70% of tobacco users, you've tried to quit at least once unsuccessfully. Here's the good news: You're four times more likely to quit with the support through a program like Medica's than if you try alone.

Quitting tobacco is one of the best things you can do for your health, but may also be one of the hardest. Our coaches will work with you to:

- Recognize your reasons to quit.
- Identify your triggers and find ways to overcome them.
- Develop awareness of what you need to live tobacco-free.
- Customize a quit tobacco plan that fits your needs.

If you have questions about the Tobacco Cessation Program, or want to enroll, please call us at **866-905-7430** (TTY: **711**). Program hours are Monday through Friday, 8 a.m. to 5 p.m., Central.



FEATURES*

- Nicotine-replacement products (if medically appropriate)
- Convenient telephone sessions with a health coach
- Private and non-judgmental quit support

Medica AccessAbility Solution® Enhanced and Medica DUAL Solution® are health plans that contract with both Medicare and the Minnesota Medical Assistance (Medicaid) Program to provide covered services of both programs to enrollees. Enrollment in Medica AccessAbility Solution Enhanced or Medica DUAL Solution depend on contract renewal.

© 2019 Medica. Medica®, Medica AccessAbility Solution® Enhanced and Medica DUAL Solution® are registered service marks of Medica Health Plans. "Medica" refers to the family of health services companies that includes Medica Health Plans, Medica Health Plans of Wisconsin, Medica Insurance Company, Medica Self-Insured, MMSI, Inc. d/b/a Medica Health Plan Solutions, Medica Health Management, LLC and the Medica Foundation.

SPP54083-500519A

MEDICA®