

I'll quit before  
I start a family.

I'll quit if I  
meet somebody.

I'll quit  
when I'm less  
stressed.



**MEDICA.**

# We can help you quit making excuses.

**Quitting tobacco is hard.** That's why people come up with so many reasons to put it off. The Tobacco Cessation Program can help you quit for good. It's just one part of your Employee Assistance Program. EAP's master's-level specialists are trained in many areas. They can help you or a family member quit smoking or cope with other addictions. Specialists can also help with family or work issues, grief, stress, money problems or even legal concerns. Call any time, 24/7. Through your EAP, you can also receive:

- Three in-person counseling sessions covered at 100%.
- Support from a financial advisor by phone. Get help creating a budget, managing debt or dealing with foreclosure.
- A 30-minute legal consultation in person or by phone, plus a 25% discount if you choose to retain the lawyer.

Medica® Optum™ Employee Assistance Program

**1-800-626-7944\***

\*TTY users, please call 711 and ask for the number above.

**Your call and EAP services provided are kept confidential.  
As part of your benefits, there is no additional cost.**

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The Employee Assistance Program is not a substitute for a doctor's or professional's care. This service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. This program and its components may not be available in all states and coverage exclusions and limitations may apply.

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