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.