

Resources *for* Living[®]

Be a quitter with the Tobacco Quit Line

Kicking a nicotine habit can be tough. Maybe you've tried and have yet to kick tobacco to the curb for good. After all, only five percent of people who quit on their own remain tobacco-free after seven months.¹



If that sounds like you, give the Tobacco Quit Line a try. It can turn that five percent chance into a 52 percent likelihood of staying tobacco-free seven months later.¹

Breathe easier with the right support

You probably know the benefits of giving up tobacco. From improved health to more cash in your pocket, it pays to be a quitter. The Tobacco Quit Line can help you get there. Simply call for:

- Six sessions of one-on-one coaching with a tobacco specialist
- Nicotine replacement education and ordering
- Medication booklets
- Individual workbooks
- Access to Healthy Living Online

The Tobacco Quit Line is under the guidance of the Mayo Clinic's medical director and nicotine dependence center. That means the tips and tools you receive come from the very best.

You don't have to resign yourself to a lifetime of tobacco use. Now you've got the biggest boots to kick your nicotine habit — once and for all.

For more information call your Account Executive or email Sales at AetnaBH_EAPSales@aetna.com.

The EAP is administered by Resources For Living, LLC.

All EAP calls are confidential, except as required by law. Mayo Clinic services are provided by Mayo Clinic, an independent third party. Aetna does not monitor or participate in the review of programs or services referred or recommended by Mayo Clinic. This material is for informational purposes only. Information is believed to be accurate as of the production date; however, it is subject to change.