



NOW, I  
HAVE **MORE**  
**ENERGY**  
THAN EVER.

WHAT WILL YOU DO IF YOU QUIT?

(855)-748-3121  
[local28.mybeaconwellbeing.com](http://local28.mybeaconwellbeing.com)

TO ENROLL IN THE TOBACCO: KICK IT!  
PROGRAM, CALL TODAY!

Tobacco:  
**Kick IT!**  
Program

Striving and Thriving for a  
Healthier You!

## WHY NOT QUIT?

That's a good question...

Most people who use tobacco want to quit. So why don't they? Because the nicotine in tobacco is a habit-forming drug and people need the right support to quit using it for good.

With the help of the Tobacco: Kick It! program you can do it!

## THINK OF REASONS WHY YOU WANT TO QUIT.

- Save money
- Improve your health
- Breathe better
- Exercise more
- Reduce your risk of disease
- Take control of your life

## GET READY. GET SET. GO!

Quitting is not the same for everyone. There is not a one-size-fits all way to do it. But those who have a plan can do it best. The Tobacco: Kick It! program offers coaching support and nicotine-replacement therapy to help you beat the mental and physical addiction to tobacco use.

## HOW THE PROGRAM WORKS:

- Start by calling the toll-free phone number on this brochure. You will be partnered with a coach to craft a quit plan. It may include a quit date, goals, healthy habits, educational tools, and relapse prevention plans.
- You may also use a digital self-help tool called LivingFree.
- You will have up to six sessions a year with a coach.
- **Based on your readiness to quit, needs, and preferences, a tailored quit kit with tools and nicotine-replacement therapy products will be sent to your home.**
- Your coach will follow up with you to go over the quit plan and how to deal with urges, as well as to remind you of other available support.
- You will be invited to join a support group, run by a coach for more support in quitting tobacco use.

## ABOUT THE COACHES

Each coach is licensed and has a master's degree in a health-related field. Each is an expert in helping people identify their reason to change a health behavior and move through the steps to change, as well as in tobacco cessation treatments and plans.

## NEVER TOO LATE TO QUIT

Quitting tobacco use lowers the risk of cancer, heart disease, stroke, breathing issues such as coughing and wheezing, and infertility.

Anyone can benefit from quitting—no matter what age, tobacco history, or the presence of a tobacco-related health issue.

