

Help Members Stop Smoking or Using Tobacco



Personalized Approach

- ✓ Members have access to a Health Coach, live chat, texting and phone calls to develop a Quit plan.
- ✓ Coaches provide guidance and help to keep members motivated

Nicotine Replacement Therapy

- ✓ Members can access nicotine replacement therapy (gum or patches) to curb cravings -- at no additional cost.

Available 24/7

- ✓ Expert Coaches and Registration Specialists are available 24 hours a day, 7 day a week, excluding holidays.

Mobile App

- ✓ Develop Quit Plan
- ✓ Track Progress
- ✓ Personalized Tips to Quit

Personal Coach

- ✓ Offers Guidance
- ✓ Helps Create Quit Plan
- ✓ Available on Phone & Text

Resources

- ✓ Online Tools and Support
- ✓ Daily Advice
- ✓ Encouraging Text Messages

Community

- ✓ Connect with others in the program



Easy Enrollment

Call: (866) 784-8454

Online: www.quitnow.net/carolinacompletehealth



Quit For Life®

Tobacco Cessation