



How Kick It! works



To get started call the number below to enroll in the program



You will be teamed with a coach to create a quit plan



Your coach will contact you to go over the plan and how to deal with urges and to remind you of other support

18+

This program is available for employees and dependents who are 18 years of age and older

Kicking the habit

The facts are clear—quitting smoking can improve your overall health and wellbeing and extend your life. But quitting for the long term is hard. And trying to quit “cold turkey” has a 95% fail rate. You have help and you don’t need to do it on your own.

The **Tobacco: Kick It!** program offers information, coaching, and guidance about nicotine-replacement therapy to help you beat addiction to smoking or tobacco use. This program is available for employees and dependents who are 18 years of age and older. Anyone can benefit from quitting—no matter what age, tobacco history, or the presence of a tobacco-related health issue.

Get started today

Choose how you want support—by video, phone, or in person.

carelonwellbeing.com/ur

866-798-5673



**GETTING HELP IS A
SIGN OF STRENGTH**