

SO LONG, TOBACCO HELLO, HEALTHY LIFE

You've got a goal. And we're here to help you reach it.

Get the help you need to finally quit tobacco. This program is available at no additional cost to you. Work with a trained health coach who will help you:

- › Create a personal quit plan with a realistic quit date
- › Talk about ways to kick the habit for good
- › Get free over-the-counter nicotine replacement therapy (Based on health coach assessment)



Take the first step, using the program online, over the phone – or both. Call **1.855.246.1873** or visit **myCigna.com**.



Together, all the way.®

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