



Ready to kick the tobacco habit?

Your EAP can help

Tobacco Cessation Coaching

On average smokers die 10 years earlier than nonsmokers, and about 50% die of a tobacco-related disease.

Maybe you've already tried to quit, but failed. That's par for the course - about 60% of all first attempts at quitting fail. But the more times smokers try to quit, the more likely they will succeed. Sometimes it's just a question of finding the right plan to quit - the one that will match your lifestyle, your particular habit and your stressors and triggers.

If you or a family member are struggling to kick the habit, there's help. Your Employee Assistance Program (EAP) Smoking Cessation Coach will give you the help you need to successfully kick the nicotine habit. You and your Coach will create an individualized Quit Smoking Plan tailored to meet your specific circumstances and lifestyle.

www.TheEAP.com

Your Coach will work with you to:

- *Assess your tobacco use history, including previous attempts to quit*
- *Review potential barriers to quitting*
- *Establish a timetable and recommendations for quitting*
- *Provide ongoing support throughout the process*
- *Recommend resources to help you during the crucial initial days and weeks of the Quit Smoking Plan*

To access Tobacco Cessation Coaching, call

1-800-252-4555 or **1-800-225-2527**

between 9 am and 5 pm Eastern Standard Time. (While most EAP services are available 24/7, certified coaches are only available during certain hours.) Ask to speak to a Smoking Cessation Coach.