



LET'S IMPROVE THOSE UNHEALTHY HABITS

Cigna Tobacco Cessation Program The path is yours to choose.....

Telephonically

- Just call 855.246.1873 or the toll free number on your ID card
- You will receive a program tailored to meet your individual needs. Included in the program will be an education letter and program kit
- Includes home delivery of over-the-counter nicotine replacement therapy, at no additional cost (applies to both options)

Online

- Mycigna.com
- Select "My Health Tab"
- Program & Resources click on Health Assistant
- Once on My Health Assistant, scroll to bottom of goals page, click on "manage my goals"
- Start "tobacco" program here
- Enroll by clicking on "Quit Tobacco"

Together, we can help you get where you want to be

Call us for:

- One-on-one wellness coaching
- Convenient evening and weekend hours
- Program workbooks and toolkits

Or visit us online for:

- Convenient support
- Personalized programs
- Educational tools and resources

Take control of your life

To enroll in the program, or if you have questions, call **855.246.1873**.

Or, if you want to enroll online, visit **myCigna.com**, select "My Health" tab, then "Programs and Resources," then select "Health Assistant" from the drop-down menu.

