

Give up tobacco products. For good.



Try the Blue Cross Tobacco Coaching program, and take the first step toward better health.

Quitting tobacco products can be difficult, but we can help you achieve your goal of becoming tobacco-free.

Blue Cross Blue Shield of Michigan's Tobacco Coaching program, powered by WebMD®, provides you with the support and resources you need to establish and embrace a tobacco-free life. The 12-week program includes over-the-phone coaching for quitting all types of tobacco products, including electronic cigarettes and other vaping devices. And, it's offered at no extra cost to you.

To be eligible for the program, you must:

- Be ready to set a quit date within the next 30 days
- Have used a tobacco product within the past seven days of your initial call to WebMD

When you engage in the program, you'll receive:

- Five calls from a specially trained health coach over a 12-week period
- Unlimited calls to a health coach
- Online resources

And, about seven months after the program ends, your health coach will contact you to check on your progress.

Health coaches are available seven days a week, so it's easy to schedule your coaching appointments at a time that's convenient for you. Health coaches are available:

- **Monday through Thursday**
9 a.m. to 11:30 p.m.
- **Friday**
9 a.m. to 8 p.m.
- **Saturday**
9:30 a.m. to 6 p.m.
- **Sunday**
1 to 11:30 p.m.

Call **1-855-326-5102** to schedule your first Tobacco Coaching session. All hours are Eastern time.

WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and well-being services.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.



Confidence comes with every card.®