



## KICK THE HABIT! FEEL BETTER. LIVE LONGER. BREATHE.

Quit smoking for good with a free telephonic group coaching program offered through your Health Net EAP.

Program features:

- Seven one-hour telephonic group coaching sessions over a six-week period
- Workbooks, pamphlets and CDs to promote smoking cessation success
- Strategies on how to quit for good
- Effective coping skills and relapse prevention strategies

### READY TO QUIT?

Call us toll-free anytime: **800-977-0281**

TDD callers, please dial: **800-977-6757**



In Arizona, benefits are insured and/or administered by Health Net of Arizona, Inc. for HMO plans and Health Net Life Insurance Company for indemnity plans and life coverage. The Health Net of Arizona, Inc. service area includes all Arizona counties.

AZ46985 (1/08)