



Conquer the cravings

Tobacco Cessation

Kick the tobacco habit with the support you need

Ready to put out that last cigarette and say goodbye to tobacco? We can help you do it. Explore digital resources like the following by visiting myHealthCenter.

Interactive Tools

Explore topics like coping with cravings and withdrawal, preventing slips or relapses, and more.

Healthwise®

Find what you need to know about topics related to tobacco use, health conditions, tests, procedures, and more.

Your Health Education

Have fun and earn hearts while you learn with interactive educational resources.

Guidance along the way

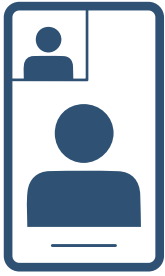


Our one-on-one coaching program pairs you with a wellness coach who can help you break the habit and live the healthy life you deserve.

- Work on proven ways to quit
- Spot and manage your triggers for tobacco use
- Learn to make changes in your life to live tobacco-free
- Find a healthy ways to replace the feeling you get from smoking and using tobacco

Keep us in mind as you plan your quitting strategy. Or, if you've already quit, we can help you keep it up. **Just reach our team directly through calls and secure messages.**

You Don't Have to Do It Alone



One-on-one
phone coaching



Live group coaching
webinars



Self-directed
digital coaching

Kick the habit – for good

Quitting tobacco is easier with a qualified team right at your side. With our highly personalized program, you choose:

- How and when to contact your coach
- The tone and pace of your coaching
- How you want to contact us, through either calls or secure messaging



**We'll help you start reaching your health goals, one craving at a time.
Call 855-210-8740 or visit myEVHC.com and click on myHealthCenter.**

Services are provided by ActiveHealth Management, Inc. ActiveHealth programs, care team and care managers do not diagnose or treat members. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

