

# You don't have to quit tobacco alone.

Start day one with personalized support.



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## Join the Tobacco Cessation Program

Quitting smoking is hard, which is why EMI Health and WebMD Health Services have teamed up to make the process a little easier. This program is voluntary, completely confidential, and comes at no cost to you. Our mission is to empower members through personalized coaching to overcome high-risk habits and reclaim their long-term health.

### Get started today! Download the BeWell app.

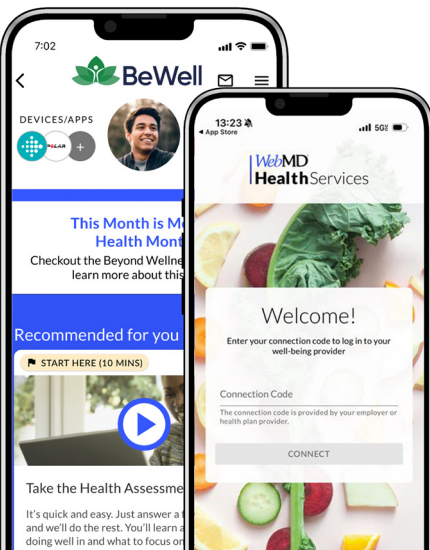
1. Scan the QR code below to download the Wellness at Your Side app
2. Use the connection code: BeWell
3. Login with your My EMI Health account credentials

**Don't have an account?** Register your My EMI Health account by going to [emihealth.com/account](https://emihealth.com/account).

### Your path to quitting:

- ✓ Three months of 1-on-1 coaching with a BeWell health coach
- ✓ Develop personalized strategies to make quitting easier
- ✓ Explore the harmful effects of tobacco use and the benefits of quitting
- ✓ Nicotine Replacement Therapy (NRT)\*
- ✓ Build positive daily habits and set small, achievable goals for long-term success

\*NRT options are available based on individual needs and coach recommendations.



## Connect with a BeWell Health Coach today!

Scan the QR code to login to BeWell or call 1-888-263-0209 to learn more!