



## How Kick It! works



To get started, call the number below to enroll in the program



You will be teamed with a coach to create a quit plan



Your coach will provide support, strategies to deal with urges, and links to resources to help you stay on track

**18+**

This program is available for employees and dependents who are 18 years of age and older

## Kick the smoking habit for good

The facts are clear—quitting smoking can improve your overall health and well-being and extend your life. Still, quitting for the long term is hard. Trying to quit “cold turkey” has a 95% fail rate.\* The good news is, you have help and you don’t need to do it on your own.

The **Tobacco: Kick It!** program offers educational materials to help you beat addiction to smoking or tobacco use as well as:

- Coaching services over the phone.
- Nicotine replacement therapy.
- Interactive online programming.

This program is available for employees and dependents who are 18 years of age and older. Anyone can benefit from quitting —no matter what age, tobacco history, or the presence of a tobacco-related health issue.

## Get started on becoming tobacco free today

Call or visit us online.

**855-281-1601**

**[carelonwellbeing.com/shctv](https://carelonwellbeing.com/shctv)**



\* Truth Initiative: *Why the “cold turkey” method of quitting vaping or smoking doesn’t work – and what does* (December 2022): [truthinitiative.org](https://truthinitiative.org).

