

“After my birthday”

“Once I lose this weight”

do[®]

“New Year’s Day”

“When things calm down at work”

“Someday...”

QUITTING TOBACCO

SOUND FAMILIAR?

Make a solid plan to kick tobacco to the curb with a wellness coach.
Get started by calling **1-888-662-BLUE (2583)** or TTY **711**.

MAKE A SOLID PLAN TO GIVE TOBACCO THE BOOT

If you use tobacco — or love someone who does — quitting is always just around the corner. The fact is, even though we know tobacco is bad, it's really hard to kick.

But as a Blue Cross and Blue Shield of Minnesota member, you've got an edge. That's right, your plan gives you help from a wellness coach, at no cost to you. Together, you'll develop a quit plan to finally kick tobacco to the curb.

Your coach will work with you to identify hurdles and brainstorm ways to keep those urges in check. You'll have regular phone check-ins as well as access to online resources to help keep you on track.

do.[®] more for your health

Get started today at **1-888-662-BLUE (2583)** or TTY **711**.

Monday through Thursday, 8 a.m. to 8 p.m.,
Friday, 8 a.m. to 6 p.m., Central Time



SMOKING IS THE
LEADING CAUSE
OF PREVENTABLE
DEATHS IN THE
UNITED STATES.