



Are you ready to quit using tobacco?

Blue Care Network's Tobacco Coaching program can help.

EDUCATE

ENGAGE

EMPOWER



Whether you just started using tobacco or you've been using it for years, now is a great time to quit. Blue Care Network can help.

At no extra cost to you, Blue Care Network's Tobacco Coaching program includes five calls from a health coach over a 12-week period. You can schedule your calls when they're most convenient for you. If you need additional support, you can call your health coach to help you work toward your goal of quitting tobacco. You're eligible for the program if you're ready to set a quit date within 30 days, and you've used tobacco within the last seven days of your first call.

The program ends after 12 weeks of participation or after you've completed five coaching calls. But, during and even after completion of the program, you have unlimited access to call your health coach if you need additional support. Your health coach will also contact you about seven months after the program ends to check on your progress.

Additional online tools to help you quit using tobacco are available through the Blue Cross® Health & Well-Being website, powered by WebMD®, at bcbsm.com.



Did you know that tobacco use is the leading cause of preventable death in the United States? According to the Centers for Disease Control and Prevention, that's because tobacco use is a major factor in four of the five leading causes of death:



heart disease



cancer



lung disease



stroke

Health coaches are available:

Monday through Thursday

9 a.m. to 11:30 p.m.

Friday

9 a.m. to 8 p.m.

All hours are Eastern time.

Saturday

9:30 a.m. to 6 p.m.

Sunday

1 to 11:30 p.m.



Call **1-855-326-5102** to schedule your first Tobacco Coaching call.



Blue Care Network

Blue Care Network of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

WebMD Health Services is an independent company supporting Blue Care Network by providing health and well-being services.