



Be a quitter with the Tobacco Quit Line Aetna Resources For LivingSM

If you've ever tried to quit tobacco on your own, you know how tough it can be. Getting support can make all the difference.

Breathe easier with the right support

Work with an experienced coach one-on-one to create a path to quit tobacco based on your:

- Goals and expectations
- History of tobacco use
- Previous attempts to quit
- General health and wellbeing

Your coach will continue to support you to monitor progress and adjust your plan as necessary.

Follow up with a coach up to five times and explore:

- Nicotine replacement therapy options
- Prescription medicines you can ask your doctor about
- Barriers and triggers
- New ways of coping
- More resources that can help

You don't have to resign yourself to a lifetime of tobacco use. Now you've got the biggest boots to kick the nicotine habit — once and for all.

1-800-955-6422 / TTY: 711
resourcesforliving.com
Username: CHEMOURS
Password: CHEMOURSEAP

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