Quit tobacco today to Live better tomorrow.

Develop a personal quit plan to become and remain tobacco free. Use our online or telephone coaching program - or both - for the support you need to improve your life.
By telephone. A dedicated health advocate will work with you one-on-one, according to your needs, preferences and motivation, to help you create and follow a personalized plan to stop using tobacco. You'll have a workbook and toolkit, optional telephone group support and convenient evening and Saturday coaching hours.

Online. Participate in an eight-week program that includes weekly emails filled with learning themes and tips.

Both programs also offer:
- Self-paced formats
- 24/7 support for questions and enrollment
- You also have access to free over-the-counter nicotine replacement therapy**.

Take control of your health - enroll or call with questions today.

1.866.417.7848

Visit www.CIGNAbehavioral.com and enter Employer ID sva to quit your tobacco addiction or www.myCIGNA.com for information about other benefits.

**Limited to one year's supply patch or gum.
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