



BE COMFORTABLY, CONFIDENTLY TOBACCO-FREE

Quit today.

Sign up with a health coach at
952-883-7800, 800-311-1052 or
952-883-7498 (TTY).

Kick the habit for good

Quitting tobacco may be one of the hardest things you'll ever do. But we're here to help.

Maybe you've tried to quit on your own – more than once. Don't get down on yourself. Tobacco addiction is tough to overcome and your body depends on it.

Not sure where to begin? Call us.

Get help with a health coach

Your health coach helps you set goals that fit your lifestyle. You'll get support and encouragement to reach your goals and quit for good. Plus, you can schedule phone calls when it's convenient for you. Work at your own pace to:

- Beat cravings
- Relieve stress
- Deal with tempting social situations
- Adjust to life without tobacco
- Feel great!

Offered to HealthPartners members at no additional cost

