



You tell yourself
every morning,
“I’m not going to
smoke today.”

You have to tell
yourself every day.

And tomorrow. And the next
day. Just say, “For this one day,
I’m not going to smoke.” It may
not be easy some days, but it’s
not complicated. You just take it
one day at a time.

The time to start is now.

The Smoking Cessation program from ActiveHealth® uses proven methods and real-world motivation to help you quit. You’ll even have a Lifestyle Coach to give you the personal guidance you need to succeed. The program is available at no extra cost as part of your health plan.



Commonwealth
of Virginia

We can help you. Call today. **1-866-938-0349**

Monday–Friday, 8:30 am–11:00 pm, Eastern Time (ET) and Saturday, 9:00 am–2:00 pm, ET.

Find more helpful tips and motivation at MyActiveHealth.com/COVA.



COVA HDHP



Empowering Better Health and Wellness