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.

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.

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.