



# Ready to Quit Tobacco? We're Ready to Help You Succeed.

Here's what to expect in the **Six Proven Steps** on your path to quitting:

### Step 1) Prepare to Quit with Confidence

Get products like nicotine replacement therapy (NRT), such as gum and patches, included at no additional cost.

### Step 2) Make Your Plan with a Coach

Work 1:1 with coaches, available 24/7 via phone, chat, or text. They can help you create a personalized Quit Plan and guide you at every step.

### Step 3) Build Up With "Mini Quits"

Practice quitting with small changes that will help you quit for good.

### Step 4) Manage Your Cravings

Manage triggers with coach-led group sessions, trackers, and text support.

### Step 5) Embrace a Healthier Lifestyle

Receive real-life tips and create a plan for your path to quitting with daily goals, articles, and videos.

### Step 6) Stay Tobacco Free

Get up to one year of coach support after your quit date, whether it is to help overcome certain situations or cravings.

WHA's smoking cessation program is in partnership with Quit for Life® and is designed to give you the confidence you need to quit tobacco for good. You'll receive a personalized Quit Plan in hand and get access to personal coaches via phone, chat, or text.

You may take part in group video sessions, and access nicotine replacement therapy, and other resources available through Quit for Life on Rally Coach™ at no additional cost as part of your benefit plan with Western Health Advantage.

Count on more online resources along the way. Find research-based solutions and coaching to help you stay on track. Join 4.3 million others who've found a better way to quit smoking through this program.

**\*Note:** Quit for Life is available to small group and individual plan members. Check your specific plan documents to see if this program is offered, as certain large employer group plans may offer this program as well. WHA services depend on your plan and eligibility at the time of service.



**visit • [mywha.org/quit](https://mywha.org/quit)**

Access your smoking cessation benefits through your myWHA portal.

**call • 1.866.QUIT.4.LIFE (TTY 711)**

Discover a new approach to nicotine cessation.



**western  
health**