

Are you ready to quit using tobacco?

Blue Cross Blue Shield of Michigan's Tobacco Cessation Coaching program can help

Did you know tobacco use is the leading cause of preventable death in the United States? Whether you just started using tobacco or you've been using it for years, now is a great time to quit.

Blue Cross Blue Shield of Michigan's Tobacco Cessation Coaching program, powered by WebMD®, includes five calls from a health coach over a 12-week period. You can schedule your calls when they're most convenient for you. If you need additional support, you have unlimited access to call your health coach any time. During your coaching calls, your health coach will help you work toward your goal of quitting tobacco. You also have access to many online tools through the Blue Cross® Health & Wellness site that can help you quit tobacco.

The Tobacco Cessation Coaching program also includes up to two rounds of nicotine replacement therapy. Nicotine replacement gum, patches or lozenges will be shipped directly to your home if you choose this option.

The program ends after 12 weeks of participation or after you've completed five coaching calls. Once you've completed the program, you have unlimited access to call your health coach if you need additional support. Your health coach will contact you about seven months after the program ends to check on your progress.

Tobacco Cessation coaches are available:

Monday through Thursday

9 a.m. to 11:30 p.m.

Saturday

9:30 a.m. to 6 p.m.

Friday

9 a.m. to 8 p.m.

Sunday

1 p.m. to 11:30 p.m.

All hours are Eastern Standard Time.

Call 1-855-326-5102 to schedule your first Tobacco Cessation Coaching call.



WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and wellness services.



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