

HEALTHY HABITS



We know it isn't easy to quit smoking. It can take several attempts to quit before you're successful. And research shows the cost of tobacco cessation services and products is often the greatest barrier to quitting smoking.

Did you know your Cigna Quit Today® tobacco cessation program could help with free over-the-counter nicotine replacement?

Quit tobacco today. Live better tomorrow.

You know you want to quit. Now the Cigna Quit Today® program can help you develop a personal plan to become and remain tobacco-free. Choose from two convenient options – a telephone program featuring a dedicated wellness coach or online for a self-paced program – or use both.

GO YOUSM



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