

# Conquer the cravings

Tobacco cessation



## Helping you live healthier

Quitting can be easier when you get the help you need, exactly when you need it. Whether you smoke, use e-cigarettes or something else, we can help you say goodbye to tobacco or nicotine.

### Connect with resources you trust

Your wellness coach will be there for you at every step. Together, you'll:

- Work on proven ways to quit
- Spot and manage your triggers for tobacco and nicotine use
- Find healthy ways to replace the feeling you get from nicotine
- Get free nicotine replacement therapy and cessation medication

### Let's do this ... together!



24/7 web and mobile access



Live, group-coaching sessions online



One-on-one phone support



Call 866-533-1410, sign in at [Aetna.com](https://www.aetna.com) and select “Aetna Health

Your Way” or get the MyActiveHealth® app



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