

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 and select "Aetna Health Your Way" or get the MyActiveHealth® app



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