

Don't let your goal of quitting tobacco go up in smoke



Get the support you need to quit using tobacco products for good — at no extra cost to you.

Blue Cross Blue Shield of Michigan's Tobacco Coaching program, powered by WebMD[®], provides over-the-phone coaching for quitting all types of tobacco products, including electronic cigarettes and other vaping devices. When you engage in the program, you receive:

- Five calls from a specially trained health coach over a 12-week period
- Unlimited calls to a health coach
- Online resources

How to sign up

Call **1-855-326-5102** to schedule your first Tobacco Coaching session. Health coaches are available seven days a week, so it's easy to schedule your coaching appointments at a time that's convenient for you.

To be eligible for the program, you must:

- Be ready to set a quit date within the next 30 days
- Have used a tobacco product within the past seven days of your initial call to WebMD

[Click here to learn more.](#)

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

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