



Are you ready to quit using tobacco?

Blue Care Network's Tobacco Coaching program can help.



EDUCATE

ENGAGE

EMPOWER

Blue Care Network can help

Whether you just started using tobacco or you've been using it for years, quitting is good for you. And we can help.

At no extra cost to you, Blue Care Network's Tobacco Coaching program, powered by WebMD®, provides the support and resources you need to create a tobacco-free life. The program includes five calls from a health coach over a 12-week period. If you need additional support, just call your health coach to help you work toward your goal of quitting tobacco. 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 us

Continued support

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

Online tools

For more tools to help you quit tobacco, check out the Blue Cross Health & Well-BeingSM website, powered by WebMD®, at bcbsm.com.

Health coach appointments:

Health coaches are available seven days a week, so it's easy to schedule appointments when it's convenient for you.

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 to 11:30 p.m.

All hours are Eastern time.

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

WebMD Health Services is an independent company supporting Blue Care Network by providing health and well-being services.



Blue Care Network of Michigan is a nonprofit corporation and independent licensee of the Blue Cross and Blue Shield Association.

Did you know that tobacco use is the leading cause of preventable death in the United States? According to the Centers for Disease Control and Prevention, that's because tobacco use is a major factor in four of the five leading causes of death:

- 1 Heart disease
- 2 Cancer
- 3 Lung disease
- 4 Stroke