

# Tobacco Coaching program helps you give up tobacco for good



Quitting tobacco products can be difficult. That's why Blue Cross Blue Shield of Michigan offers a program that can make sure your health goal doesn't go up in smoke.

The Tobacco Coaching program, powered by WebMD®, provides Blue Cross and Blue Care Network members with the support and resources they need to establish and embrace a tobacco-free life. The 12-week program includes five calls from a health coach for quitting all types of nicotine products, including electronic cigarettes and other vaping devices.

And, the program is offered at no extra cost to members.

During their calls, health coaches will help members work toward their goal of quitting tobacco. Our health coaches are available seven days a week, so members can schedule calls at their convenience. And, if they need support beyond the five scheduled sessions, they can call their health coach any time throughout the rest of their health plan year.

To be eligible for the program, members must:

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

Call **1-855-326-5102** to schedule your first Tobacco Coaching session. Health coaches are available:\*

- **Monday through Thursday**  
9 a.m. to 11:30 p.m.
- **Friday**  
9 a.m. to 8 p.m.
- **Saturday**  
9:30 a.m. to 6 p.m.
- **Sunday**  
1 to 11:30 p.m.

\*All hours are Eastern time.

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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