

# Give up tobacco products. For good.



## Try Blue Cross' Tobacco Coaching program, and take the first step toward better health.

- Get the support you need to establish and embrace a tobacco-free life — at no extra cost to you.
- Blue Cross Blue Shield of Michigan's Tobacco Coaching program, powered by WebMD®, includes over-the-phone coaching for quitting all types of tobacco products.
- Call **1-855-326-5102** to schedule your first Tobacco Coaching session.

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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