

Tobacco Coaching

Give up tobacco products. For good.



Blue Cross Blue Shield of Michigan's Tobacco Coaching program, powered by WebMD®, provides over-the-phone coaching. It can help you quit all types of tobacco products, including electronic cigarettes and other vaping devices. The program includes:

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

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



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

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

How to sign up

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

Call **1-855-326-5102** to schedule your first Tobacco Coaching session. All hours are Eastern time:

- **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.