

Tobacco Cessation Program May Help You Lead a Healthier Life

Our Well onTarget tobacco cessation program may help you learn to quit smoking with innovative lessons developed using the most current academic and medical research.

DIGITAL SELF-MANAGEMENT PROGRAM

Consisting of weekly lessons, this online course guides you through the process of quitting tobacco permanently. Each lesson combines two approaches:

1. Current evidence is used to provide education on the physical and social consequences of tobacco use, principles of addiction, treatment options and tobacco-related health statistics.
2. Behavioral in nature, you'll get solid, practical action steps, from creating your own quitting plan to relapse prevention. You will have access to numerous calculators, trackers, tools and educational materials to support you in your efforts.

Get started at wellontarget.com. From the menu, choose **Self-management Programs**. Scroll to **Quitting Tobacco** and click the **Get Started** button.

EARN BLUE POINTSSM

You can earn 1000 Blue Points once per quarter when you complete a digital self-management program. Redeem your points in our expanded online shopping mall for merchandise.*

After quitting, the body begins to repair the damage caused by smoking.**

12 Hours

The carbon monoxide level in the blood drops to normal.

2 Weeks to 3 Months

Lung function begins to improve.

1 to 9 Months

Coughing and shortness of breath decrease.

* Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information.
Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

** Source: <http://www.lung.org/stop-smoking/i-want-to-quit/benefits-of-quitting.html>