



# Tobacco Cessation Coaching

The American Cancer Society's Great American Smokeout® is November 17, 2011  
[www.cancer.org](http://www.cancer.org)

You know you should quit – for your health, your quality of life, your loved ones. But it's not easy.

MHN's Tobacco Cessation Coaching program – free for you and your family members – helps you identify triggers that fuel your habit and teaches you strategies for fighting the nicotine urge. Using the MHN-pioneered telephonic group coaching method, this program is designed to help you achieve lasting behavior change so you can be tobacco-free for life.

Offered at no cost to you as part of your EAP, it includes:

- Seven one-hour telephonic group coaching sessions over a six-week period
- Materials to promote smoking and/or tobacco product cessation success, including a program workbook and a relaxation CD
- Strategies on how to quit successfully and how to recognize the benefits of quitting
- Effective coping skills, relaxation techniques and relapse prevention strategies

## Why telephonic group coaching?

MHN's telephonic group coaching format makes participation convenient and easy. With the telephonic model, you can call in from any (land-line) phone,



eliminating driving and parking concerns. While maintaining whatever degree of anonymity you prefer, you'll benefit from the support of others who understand what you're going through and are going through it with you.

## We're on your side

Your employer supports your efforts to quit smoking and/or use of tobacco products and improve your health! In addition to providing Tobacco Cessation Coaching from MHN free of charge:

- All PEBC medical plans now cover certain smoking cessation prescription drugs. Check your medical plan information for details.

## Ready to quit?

The Tobacco Cessation Coaching program is a behavior change program for smokers and other tobacco users who have decided to quit. To participate, you must:

- Commit to attending all seven telephonic group meetings
- Have access to a land-line phone (not a cell phone) to call in to the meetings
- Have access to a CD player to listen to the relaxation CD provided



## You can do it!

To reserve a spot in the next available group, call MHN today. (888) 779-2225  
TDD: (800) 327-0801

or visit us at: [members.mhn.com](http://members.mhn.com)  
company code: **pebc**

Click on "tobacco cessation" under the wellness tab.

Ric Magallon

We find solutions to improve access to care.