

Tobacco Cessation Program



Learn How Our Programs Can Help You:

- Change the way your brain responds to smoking
- Reduce tobacco cravings
- Cope with stress
- Stop smoking
- Live a healthier and longer life

**Be vibrant in your life and through retirement. Quit tobacco use.
Participate in one of our terrific programs!**



LivingFree® is a 12 module online video program that helps you stop smoking by teaching you powerful techniques that change the way your brain responds to smoking – permanently. The program is designed to quickly and easily eliminate the barriers that have kept you from succeeding in the past and is supported by SelfHelpWorks' proprietary support tool, PersonalCoach™. The trusted choice of leading wellness providers, this breakthrough program offers online convenient 24/7 access and is completely confidential ... just watch the videos, take the fun quizzes and read the special Key to Success cards – it's that simple! **Click to start!** You do not have to register with anyone at MIIA.



QuitLogix: Trained, experienced tobacco cessation coaches offer you personalized telephonic support through the quitting process. QuitLogix coaches are available everyday from 7:00 a.m. - 1:00 a.m.*

You have up to 5 scheduled coaching calls as part of the program. You'll also receive information on Nicotine Replacement Therapy (NRT) – patches, gum or lozenges. Those wishing to use NRT must obtain a prescription from their doctors and fill it at a pharmacy. There will be no charge if you have a prescription. ** **To register for QuitLogix, contact Mary Harrington at mharrington@mma.org or 617-426-7272 x278.**

Both programs are available only to those on a MIIA/Blue Cross Blue Shield health plan.

Wellness Tip: Don't be discouraged if you unsuccessfully tried to quit. It takes on average up to five attempts to kick the habit.

* These hours are maintained every day of the year, with the exception of closure on Thanksgiving and Christmas Day and delayed opening and early closure at 9:00 am and 7:30 pm EST on the following holidays: Memorial Day, Independence Day, Labor Day, Day after Thanksgiving and Christmas Eve.

** Effective immediately, coverage for smoking and tobacco-cessation drugs and aids (such as nicotine gum and patches) will include two 90-day trials.