



# Crush it

Fiona

## Aetna® Lifestyle Coaching — tobacco cessation

Kick the tobacco habit with the support you need

Our one-on-one coaching program pairs you with a wellness coach who can help you break the habit and live the healthy life you deserve.

### Your own squad

Your wellness coach will be there for you at every step. Together, you'll:

- Work on proven ways to quit
- Spot and manage your triggers for tobacco use
- Learn to make changes in your life to live tobacco-free
- Find healthy ways to replace the feeling you get from smoking and using tobacco

Start talking about quitting even if you're not ready to contact us. Or, if you've already quit, we can help you keep it up. Just reach out to our team directly through calls or secure messages.

### 3 kinds of health coaching



One-on-one phone coaching



Live group coaching webinars



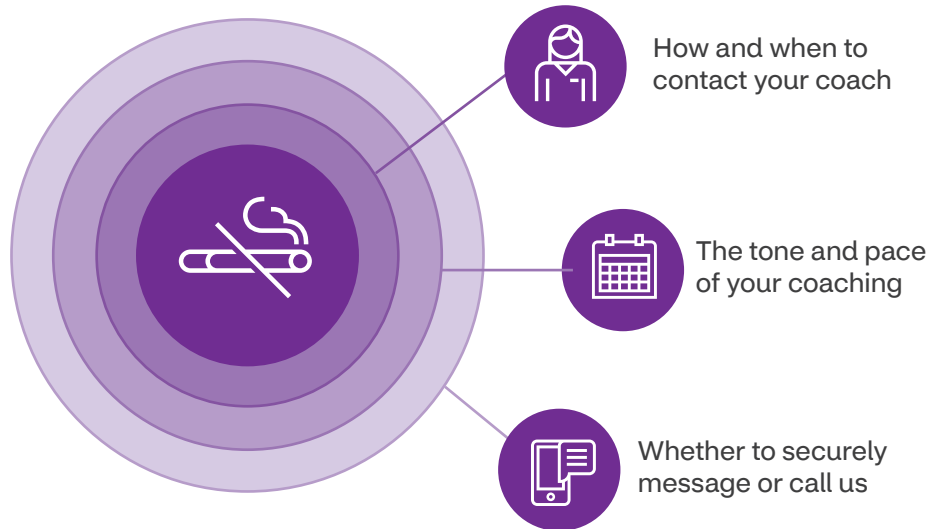
Self-directed digital coaching

Log in to your member website at **Aetna.com** and select "Well-being Resources." Or call us at **1-866-533-1410 (TTY: 711)**.

# Let's crush it together

Quitting tobacco is easier when you get the help you need, exactly when you need it.

With our highly personalized program, you choose:



## Working 1:1 with a coach?

You may be eligible for eight weeks of nicotine replacement therapy. We'll send gum, lozenges or patches right to your home — at no cost to you.

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We'll help you start reaching your health goals,  
one step at a time.

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The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to **Aetna.com** for more information about Aetna plans.

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