

THE POWER TO QUIT SMOKING

Quitting smoking is hard, but we're here to help.

HELP IN THE PALM OF YOUR HAND

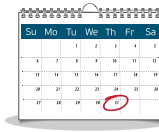
Our free Smoking Cessation program – powered by the Wellframe® app – puts tools and support to help you quit right in the palm of your hand. You'll have access to self-guided program modules, videos, and articles you can take with you wherever you go.

You'll also have the option of receiving direct one-on-one support from our local Care Management team via in-app text messages to help you build a personal plan to quit that is focused around your unique health goals. They'll help you identify your reasons for quitting, recognize triggers for smoking, develop strategies to fight cravings, and help you stay motivated and accountable along the way.

FEATURES



Evidence based, holistic approach to smoking cessation



Repeatable six-week program



Daily multimedia to-do checklist



Check ins and alerts



Articles and videos



24/7 support through SmokeFree.gov



Additional support for quitting smokeless tobacco and e-cigarettes

We're here to support you at each step along your journey to quit smoking. With helpful tools and integrated support from our Care Management team, we put the power to quit right in your hands.

Download the FREE Wellframe® app and take your first step today!

To engage with our Care Management Team for help along the way use access code: EXCELLUS

For the self-guided program use access code: EXCELLUSFREE



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Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。



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