Did You Know...

IMPACT on the web has a Quit Center?

Tobacco addiction is a chronic disease that often requires multiple attempts to quit. Although some users are able to quit without help, many others need assistance. That is why your IMPACT Employee Assistance & Work/Life Program created the Quit Center to help you (or a significant other) quickly identify the resources, tools and professional help needed to help you reach your goal.

A sampling of some of the tools and resources currently available via web:

IMPACT support includes:

» **Telephone Coaching**

IMPACT Solutions’ Quit Specialists, certified in tobacco cessation techniques, can structure telephonic coaching sessions and resource material based on your individual goals.

» **Web Resources**

Visit [www.MyIMPACTSolution.com](http://www.MyIMPACTSolution.com) to view hundreds of tools and resources available to assist you with tobacco cessation. The Quit Center includes easy access to online tools in one convenient location including:

- Tobacco cessation modules
- Resources
- Support
- Educational materials