

Live Well Tobacco Free



FEATURES INCLUDE:

- Personal coaching with a *Quit Specialist* who can structure telephonic coaching sessions and resource material based on your individual goals
- On-line Quit Center: Includes easy access to online tools and resources in one convenient location
 - Tobacco cessation modules
 - Workbooks
 - Educational materials
 - Support

Did you know...that tobacco smoke contains a deadly mix of more than 7,000 chemicals? (CDC)

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.

TOLL-FREE: **800-227-6007**
WEBSITE: **www.MyIMPACTSolution.com**

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