

# Are you ready to break up with nicotine?

IT'S NOT EASY. BUT YOU HAVE HELP.

Check out what's available to you.  
At no extra cost to you.

## Your Journey to Wellness program

### Personalized coaching

You don't have to do it alone. Quitting tobacco and nicotine is easier when you get the help you need, exactly when you need it. All kinds of nicotine – cigarettes, vaping, dipping and others. With our highly personalized program, you can:

- Choose how and when to contact your coach
- Set the tone and pace of your coaching
- Use our mobile app – just search for ActiveHealth in your app store

### Nicotine replacement therapy (NRT)

Thinking about NRT? Talk to your coach about what might work for you.

### CPChem wellness rewards

You'll even earn a gift card reward by working with a coach on quitting tobacco. And don't forget to visit [MyActiveHealth.com/CPChem](https://MyActiveHealth.com/CPChem) to see other rewards you can earn, including doing a biometric screening.

## Other workplace benefits

### Employee Assistance Program (EAP)

The EAP is a free program that offers confidential support and services designed to help you balance the demands of work, life and personal issues. Call **1-800-424-4519** to talk to an EAP counselor at any time, day or night. Services provided by Magellan Health.

### And more

Check out your other health and wellness benefits. Details online at [MyCPChemBenefits.com/Health-Wellness](https://MyCPChemBenefits.com/Health-Wellness)

## More resources

### Talk with your doctor

And check out helpful websites like [SmokeFree.com](https://SmokeFree.com), [CDC.gov/Tobacco](https://CDC.gov/Tobacco) and [Lung.org/Quit-Smoking](https://Lung.org/Quit-Smoking)



Do something healthy for yourself today.  
**[MyActiveHealth.com/CPChem](https://MyActiveHealth.com/CPChem) or call 877-489-9398**



Performance by design.  
Caring by choice.™



Journey to Wellness program services are provided by ActiveHealth Management, Inc. Our programs, care team and care managers do not provide diagnostic or direct treatment services. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

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