



Frequently Asked Questions

Tobacco Cessation Program

Maybe you've tried to quit tobacco before and want to try again. Or perhaps you've been meaning to quit, just not today—maybe tomorrow, or next week. If you're on the fence about quitting—or whether participating in the Health Advocate Tobacco Cessation Program can help—these frequently asked questions may set your mind at ease.

Q. How does the program work?

A. This program provides you with unlimited access to a **Wellness Coach**, trained in tobacco cessation, to support you in quitting or reducing your tobacco use. The goal of the program is to develop a personalized quit plan.

Q. How can my Coach help me?

Your Coach will help you:

- Identify your triggers and solutions around them
- Find healthy behavior swaps for cravings
- Provide ongoing support during the program

Q. Can a Coach help me quit smokeless tobacco products?

A. Whether you smoke cigarettes or use smokeless tobacco products, such as chewing tobacco or snuff, your Coach will help you create a personalized quit plan that's right for you.

Q. Do I have to quit tobacco in order to participate?

A. You do not have to quit tobacco in order to participate. If you would like to begin your tobacco-free journey by working to reduce the amount you use, you and your Coach can create a reduction plan.

Q. When can I talk to my Coach?

A. You get unlimited telephone and email support from your Coach during the program. You and your Coach will discuss a schedule that works for both of you. Coaches are available weekdays from 8 AM to 9 PM, ET.

Q. Is my privacy protected?

A. Yes. Your discussions with your Coach are private. Health Advocate carefully follows protocols and complies with all government privacy standards. Your personal information is strictly confidential.



When it comes to tobacco, the right time to start the quitting is NOW.

Connect with a Coach today by phone, email or through our website or app.



Call • Email • Message • Live Chat 

 **HealthAdvocate**SM

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