

You don't have to quit tobacco alone.

Start day one with personalized support.



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Join the Tobacco Cessation Program

Quitting smoking is hard, which is why EMI Health and WebMD Health Services have teamed up to make the process a little easier. This program is voluntary, completely confidential, and comes at no cost to you. Our mission is to empower members through personalized coaching to overcome high-risk habits and reclaim their long-term health.

Get started today!

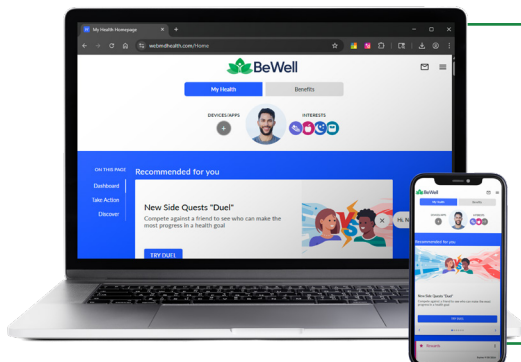
1. Go to the BeWell portal by scanning the QR code below
2. Login with your My EMI Health account credentials

Don't have an account? Register your My EMI Health account by going to emihealth.com/account.

Your path to quitting:

- ✓ Three months of 1-on-1 coaching
- ✓ Develop personalized strategies to make quitting easier
- ✓ Explore the harmful effects of tobacco use and the benefits of quitting
- ✓ Nicotine Replacement Therapy (NRT)*
- ✓ Build positive daily habits and set small, achievable goals for long-term success

*NRT options are available based on individual needs and coach recommendations.



Connect with a BeWell Health Coach today!

Scan the QR code to login to BeWell or call 1-888-263-0209 to learn more!

Want to learn more about your wellness benefit?

→ Please visit info.emihealth.com/bewell.