

# Tobacco Cessation Navigate Health Coaching Program

Feeling ready to make a positive  
change in your life?

We understand that breaking free from tobacco use can be quite a challenge. We're here to provide the support you need to assist you on your journey to quitting tobacco in a way that's tailored to your needs.

**Personalized Coaching:** You'll engage in five one-on-one virtual coaching sessions with our certified Navigate Health Coaches, each session lasting 20-30 minutes.

**Discovering your "Why":** Identify your personal reasons for quitting tobacco.

**Tackling triggers:** Recognize potential triggers and equip you with the skills to overcome cravings and challenges that arise along the way.

**Exploring options:** Discover various nicotine replacement therapies and choose the option that's best suited to your needs.

**Ongoing support:** Receive guidance, support, and the encouragement you need to stay committed to your quitting plan.

Join us in taking that first step towards a healthier, tobacco-free you. Our supportive and educational approach is here to help you make a positive change in your life. We're ready when you are.

Login:

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Ready to embark  
on this life-  
changing journey?  
It all begins by  
logging into your  
It's About You  
wellness portal and  
visiting the  
Coaching tab to  
register.

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