

Make a plan and get help. That's how to quit tobacco.



Nearly two-thirds of adults who've ever been smokers have managed to quit.* Do you wish you were one of them?

My Health Novel's Tobacco Cessation Chapter could help. It's a program that connects you to user-friendly digital apps with coaching designed to help you kick the habit, whether you've been smoking, vaping or using chewing tobacco.

Different approaches work for different people, and you'll get personal guidance to go at your own pace. Programs may include mindfulness training to help deal with stress, support from an online community and one-on-one conversations with a knowledgeable coach.

If appropriate, you'll also be able to try nicotine replacement therapy to help you handle those tobacco cravings. And the program is included with your health plan at no cost to you!

How it works:

1. Log in to **My Health Toolkit**®.
2. Select **Wellness & Care Management** and **Wellness Programs**.
Then select **My Health Novel**.
3. Take a quick assessment.

*Source: Centers for Disease Control and Prevention

You'll get details on the program that's recommended for you — and be on your way to beating tobacco for good.



Blue Cross and Blue Shield of Florida, Inc. DBA Florida Blue and Health Options, Inc. DBA Florida Blue HMO are Independent Licensees of the Blue Cross and Blue Shield Association.

FL-EE-1559-8-2025