

Tell tobacco you're through

EAP's tobacco-free
resources can help



**Breaking up is hard to do — especially
when your “ex” is tobacco.**

But a fresh start is just around the corner. Today, more Americans have said goodbye to their smoking habit than haven't.¹ So you can, too. With EAP, you get all the resources you need to move on ... for good!

**When you're ready to quit, you don't have to
go it alone! We're here for you 24/7.**

Just call EAP at 800-999-7222 or visit
anthemEAP.com and enter TCSIG.



Online support

EAP offers lots of convenient, web-based tools and information to help you quit. Check out anthemEAP.com for:

- **Articles covering tobacco-free topics.** Learn about:
 - Preparing to quit.
 - Identifying tobacco triggers and cravings.
 - Using nicotine replacement therapy.
 - Recognizing the dangers of secondhand smoke.
 - Boosting your chances of success.
- **Downloadable audio clips.**
- **Links to national resources** that feature quitting tips, techniques and quizzes.



All EAP services are confidential, and available to you and members of your household at no cost. No one will know you've contacted us unless you give permission in writing.²

¹ Centers for Disease Control and Prevention: Quitting Smoking (December 2017): [cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm).

² In accordance with federal and state law, and professional ethical standards.

Language Access Services — (TTY/TDD: 711)

Spanish — Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese — 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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