

Stop Using Tobacco and Start Living!



TELEPHONIC COACHING EMPOWERED™ Tobacco Cessation

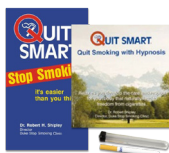
Ever wonder what you would achieve if you had the same resources as top athletes, actors and CEOs to unlock and focus your personal power to improve? Enroll in EMPOWERED Health Coaching and connect with a personal health coach to harness the power inside of you to become tobacco-free.

During this telephonic program, you will be asked to make a 100% commitment to quit using tobacco. Your coach will recommend coping methods they feel can work for you, such as nicotine replacement therapy, stop smoking medicines, brand switching, and changes in your environment. They will even provide follow-up support to help you stay on track beyond your quit date. Your initial coaching session will last approximately 25 minutes, and follow-up sessions take less than 20 minutes of your time.

EMPOWERED Health Coaching for Tobacco Cessation follows the Quit Smart® approach developed by Dr. Robert Shipley, Director of the Duke Medical Center Stop Smoking Clinic. Each participant receives a kit that includes a guidebook, hypnosis/relaxation CD and simulated cigarette.

If you are ready to quit using tobacco and change your life, sign up for EMPOWERED coaching today.

QuitSmart is a registered trademark of Stop Smoking Resources, Inc. Professionally managed by HealthFitness®.



ONLINE, SELF-DIRECTED COACHING BREATHE®

Quitting smoking is a process, not a moment. With BREATHE, we'll cover the entire process with you. We will craft a plan to help get you through the toughest moments and focus on the prize: decreased disease risk, more energy, a restored sense of taste and smell, and more.

Personal, confidential, convenient, and non-judgmental, A HealthierYou™ online self-directed coaching gives you a personalized plan and support combined with the motivation and self-confidence to overcome barriers to your success.

After completing the 15-30 minute virtual consultation, BREATHE creates a customized plan and check-in points at 30, 90 and 180 days for you to focus on becoming and staying smoke-free.



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Kansas City

