



Ready to Quit?

The iHeartMedia Tobacco Cessation Program is here to help



E4 is a free, confidential service that's available to assist you with any work or life issue that matters to you and your family. For professional counseling and supportive resources, call or log on any time, any day.

TOLL-FREE:

800-227-2195

WEBSITE:

ihearteap.com

The iHeartMedia Tobacco Cessation Program is here to help. The program is facilitated by a Certified Wellness Coach and covers the following topics:

- What we've learned - 50 years of research on the impacts of tobacco use
- Health benefits of quitting
- Stages of Change – are you ready to quit
- Awareness – the first step in breaking the tobacco habit
- Four aspects of nicotine addiction
- Tools for positive change
- Help with nicotine addiction
- Tips for a successful quit day

Members who complete in two 60-minute sessions will avoid the nicotine premium surcharge. To get started, fill out the Program Agreement and return it via email to **tobacco cessation@e4healthcare.com**. Program open to employees, spouses, and adult dependents (18 - 26).

ALWAYS AVAILABLE
ALWAYS CONFIDENTIAL