

# You lived for years without tobacco

And you'll be able to live without tobacco again



If you're ready to quit or reduce your use of tobacco and nicotine products, UMR's Tobacco and Nicotine Cessation Program is available at no cost to **Parkland Health & Hospital System employees and their spouses or domestic partners**. People who work with a UMR CARE coach are more successful than those who try to quit or reduce their use on their own.

## How it works

Our team of certified tobacco cessation specialists will work with you to develop a plan to quit or reduce your use and offer strategies and support to help you reach your goal.

After you set your personal goal, your assigned CARE coach will be available for a series of one-on-one phone sessions at times that are convenient to you.



All conversations between you and your coach are completely confidential.

In addition, your coach will send you helpful educational materials with facts and tips on overcoming unhealthy habits. With **umr.com**, you also have access to an online action plan for quitting tobacco use. The interactive online lesson plan is personalized for you to help you overcome your barriers and achieve your goals.

## ENROLL

today

**You'll receive a \$100 reward card when you complete tobacco & nicotine cessation coaching. Call today to enroll: 1-844-604-6245**

or scan the QR code below

