



Tobacco Cessation

What is Tobacco Cessation?

Tobacco cessation is a program designed to assist you to achieve and maintain a tobacco-free life.

Through ConnectCare3, a certified health coach trained in tobacco cessation will work with you to achieve your tobacco goals. You and your coach will work one-on-one to create a personalized quit plan.

What to Expect

When you enroll in the tobacco cessation program, you will partner with a certified health coach to achieve your goals of being tobacco free by receiving:

- A quit kit
- Personalized quit plan
- Regular coaching communication
- Nicotine replacement therapy education
- Cessation exercises and accountability from your coach

How to Enroll

ConnectCare3 is a confidential, employer-sponsored benefit. You can enroll in tobacco cessation by calling [877-223-2350](tel:877-223-2350) or by emailing us at info@connectcare3.com.

