



Aetna Lifestyle Coaching — tobacco cessation

Give up tobacco with personalized support

Ready to put out that last cigarette and say goodbye to tobacco? We can help you do it. This personalized coaching program will help you break the habit and live the healthy life you deserve.

Your own squad

Your wellness coach will be there for you at every step. Together, you will:

- Find healthy ways to replace the feeling you get from smoking and using tobacco
- Work on proven ways to quit
- Spot and manage your triggers for tobacco use
- Learn to make changes in your life to live tobacco-free

Start talking about quitting even if you're not ready to contact us. Or, if you've already quit, we can help you keep it up. Just reach out to our team directly through calls, emails and messages.

3 kinds of health coaching

You'll get coaching the way you want it, in the style that works for you:

- One-on-one phone coaching
- Group coaching webinars
- Self-directed digital coaching

Log in to your member website at **aetna.com** and click "Stay Healthy," or call us at **1-866-533-1410 (TTY: 711)**.

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aetna.com

Let's crush it together

Quitting tobacco is easier when you get the help you need, exactly when you need it. With our highly personalized program, you choose:



How and when to
contact your coach



The tone and pace
of your coaching



Whether to securely
message or call us

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click "Stay Healthy," or call us at **1-866-533-1410 (TTY: 711)**.

We'll help you start reaching your health goals, one step at a time.

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