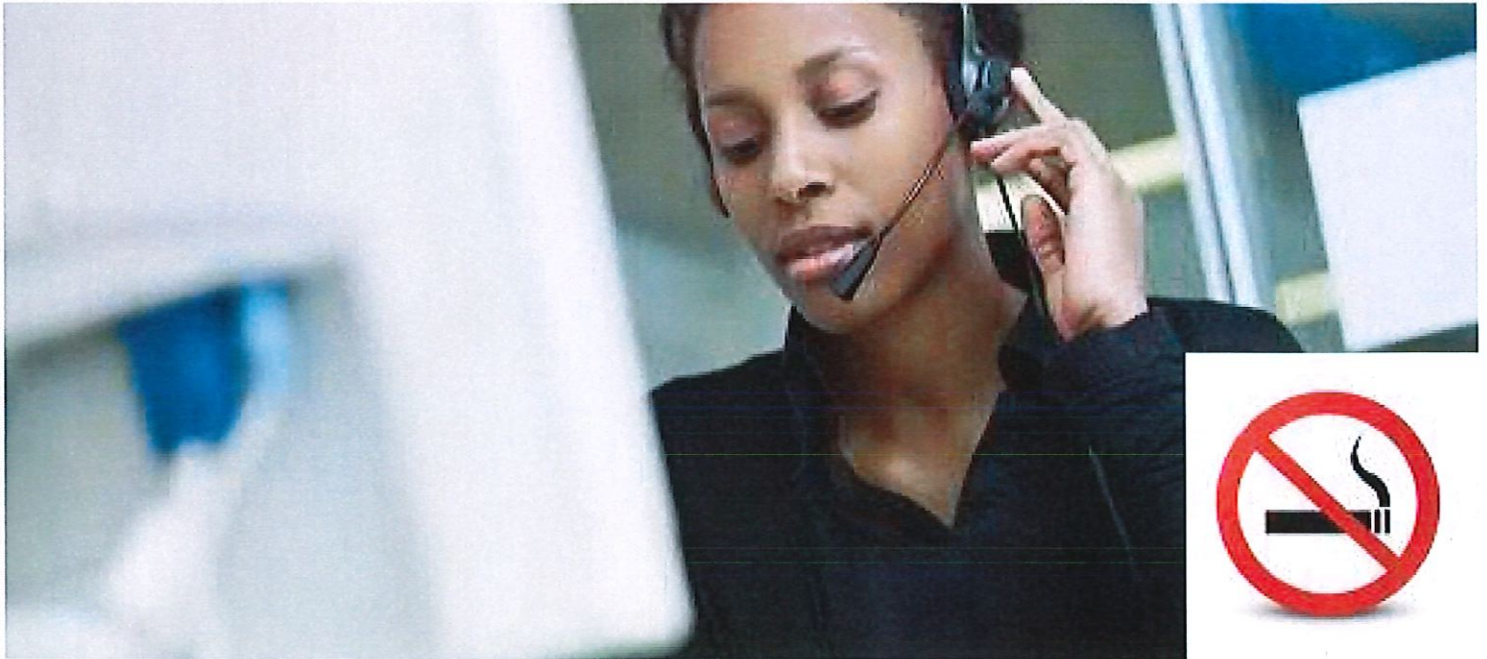


Providers, please post in an area accessible to your members.



Best Chances for Quitting Tobacco

Counseling and medication together gives you the best chance of quitting tobacco use for good.

Many treatments and resources may be available to you free of charge or may be covered by your insurance.

Get Help Quitting Today

If you are ready to quit:

- Call a quit line coach (1-800-QUIT-NOW) or
- Talk to a healthcare professional.

They can help you decide what treatment is best for you and can connect you to quit smoking programs and resources.

Remember, even if you've tried before, the key to success is to keep trying and not give up. After all, more than half of U.S. adults who smoked have quit.

For information about quitting smoking, visit [CDC.gov/quit](https://www.cdc.gov/quit). The member section on Beacon's website has additional information and resources to help you quit. Please visit our member tobacco cessation page for resources: <https://pa.beaconhealthoptions.com/members/tobacco-cessation/>

Source: [CDC.gov](https://www.cdc.gov)