



## Break free from tobacco

EAP's Live Tobacco Free program can help you quit for good.

Tobacco can be a hard habit to break, especially if you try to quit all on your own. Let your EAP help you. The Live Tobacco Free program offers you and members of your household a combination of online support and one-to-one coaching to break free from tobacco and stay healthy.

### It's easy to get support online

The Live Tobacco Free online program helps you understand what's holding you back from quitting. Through 10 interactive sessions, you'll learn simple strategies to help you end your emotional and physical ties to tobacco. You'll also get helpful information on how to manage the stress of quitting.

### Connect with a coach

In addition to online support, you'll work directly with a specially trained coach who knows how to help you quit. You'll get encouragement and detailed guidance on your journey to a tobacco-free life. For example, your coach can help you define the reasons why you use tobacco and set goals for quitting. You can choose to connect with your coach on the phone or through instant messaging (IM).

Your coach can also help you deal with managing your weight and setting fitness goals. By encouraging you to change your tobacco habits and stay fit, your coach can help you get on track to living your healthiest.

Are you ready to start in a new direction? Call EAP at **800-999-7222** today or visit **[anthemeap.com](http://anthemeap.com)** and enter **SISC**.

Like all Employee Assistance Program (EAP) services, Live Tobacco Free is available to you and members of your household at no cost. Call us at 800-999-7222 or visit [anthemeap.com](http://anthemeap.com) and enter SISC.

