



KICK TOBACCO FOR GOOD

Call a wellness coach today

If you're ready to quit tobacco and you're having a hard time getting started, we can help. With Kaiser Permanente, you're just a phone call away from the support you need to begin your journey.

We offer Wellness Coaching by Phone so we can be there for you when you really need us. Even when you've decided it's time to quit, you might just want a little extra support. A one-on-one chat with a wellness coach may help you get through the toughest times.

Just pick up the phone to get started. Call **1-866-862-4295**, Monday through Friday from 9 a.m. to 5 p.m. Pacific time, to make an appointment. We'll be rooting for you every step of the way.

VICTORY!

For William, it was all about handling the cravings. His coach, Vanessa, helped him come up with ideas so he'd be ready. "Vanessa was a big part of this process," he shared. "She was so supportive – no negativity, just support!" William has been tobacco free for over a year. He's feeling great and has more spending money since he's not buying cigarettes.

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101