



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 6 a.m. to 7 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.

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