

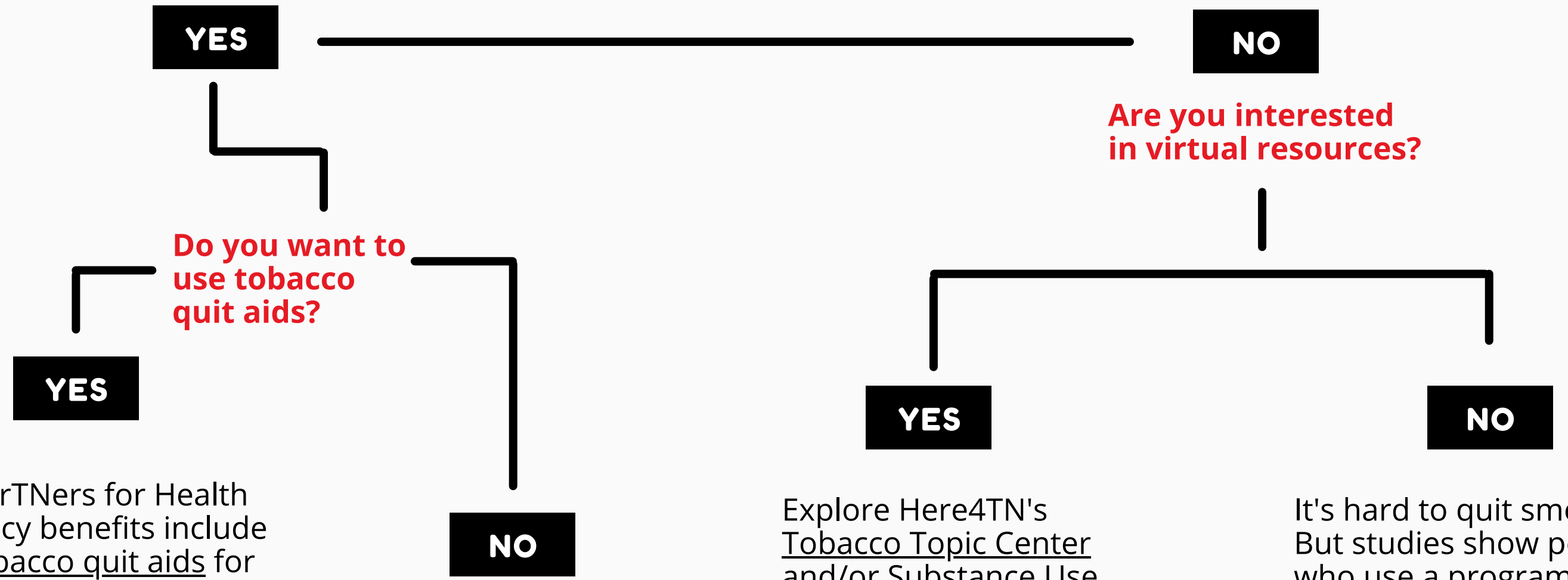
QUITTING TOBACCO IS A JOURNEY

Start now with resources for state employees.



Do you have health insurance through the State?

START HERE



Your ParTNers for Health pharmacy benefits include free tobacco quit aids for members who want to stop using tobacco products.

Learn more at www.tn.gov/partnersforhealth/health-options/pharmacy.html, under Tobacco Cessation Products.

The ParTNers for Health Wellness Program offers telephonic or online group coaching for tobacco cessation.

Enroll by calling 888-741-3390.

Explore Here4TN's Tobacco Topic Center and/or Substance Use Support;

and WFHTN's Tobacco Cessation Resources and Tobacco Cessation Success Stories.

It's hard to quit smoking. But studies show people who use a program really do better.

Call the free Tennessee Tobacco QuitLine at 1-800-QUIT-NOW (1-800-784-8669).

