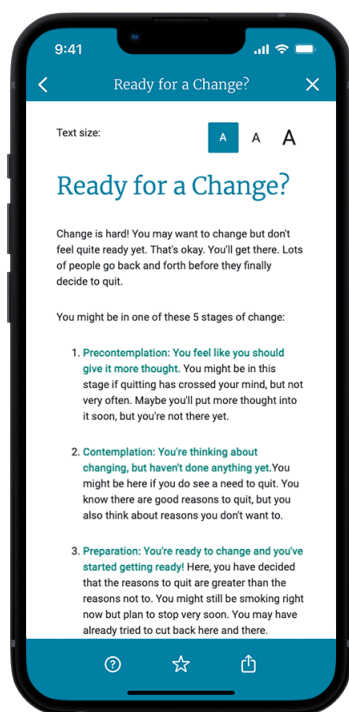


The power to quit smoking

Quitting smoking is hard, but we're here to help



Scan here to download the **FREE** Wellframe app and take your first step today!

Use access code **excelluswelcome** to engage with our Care Management Team for help along the way, or **excellusfree** for the self-guided program.



Help in the palm of your hand

Our free Smoking Cessation program – powered by the Wellframe® app – puts tools and support to help you quit smoking right in the palm of your hand. You'll have access to program modules, videos, and articles you can take with you wherever you go.

You'll also have the option of receiving direct one-on-one support from our Care Management team to help you build a personal plan to quit smoking that is focused around your unique goals. They'll help you identify your reasons for quitting, recognize triggers for smoking, develop strategies to fight cravings, and help you stay motivated and accountable along the way.

We're here to support you at each step along your journey to quit smoking. With helpful tools and integrated support from our Care Management team, we put the power to quit right in your hands.

Features



Evidence based, holistic approach to smoking cessation



Repeatable six-week program



Daily multimedia to-do checklist



Check ins and alerts



Articles and videos



24/7 support through **SmokeFree.gov**

Support also provided for quitting smokeless tobacco and e-cigarettes

