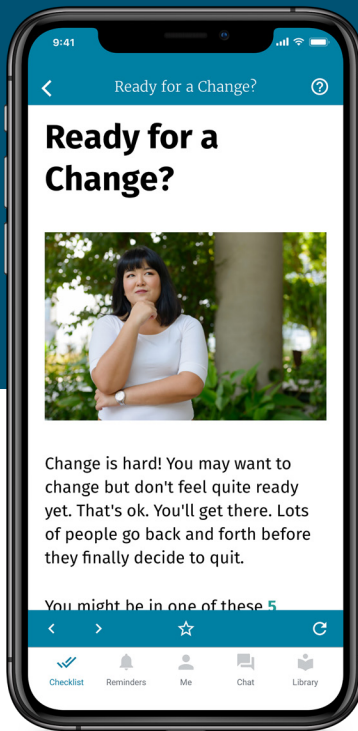


The power to quit smoking

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



Help in the palm of your hand

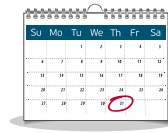
Our free Smoking Cessation program – powered by the Wellframe® app – puts tools and support to help you quit smoking right in the palm of your hand. You'll have access to program modules, videos, and articles you can take with you wherever you go.

You'll also have the option of receiving direct one-on-one support from our local 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.

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



Additional support for quitting
tobacco and e-cigarettes

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.

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.



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