



If not for yourself, do it for them.

Get the help you need to become nicotine/tobacco-free.

**Reduce
Nicotine/
Tobacco
Use**

**Develop a
Quit Plan**

**Identify
Nicotine/
Tobacco
Triggers**

**Cope with
Withdrawal
Symptoms**

**Create a
Relapse
Prevention
Plan**

**Practice
Strategies
to Overcome
Triggers**

Carebridge services are available to covered employees and their families at no cost. Contact Carebridge at any time by calling **800-437-0911** or emailing **clientservice@carebridge.com**. For online services logon to: **www.myliferesource.com**.



Excellence in Employee Support Services