

HEALTHCHECK360

NICOTINE CESSATION PROGRAM

WHAT'S INCLUDED



STEP-BY-STEP GUIDANCE

Weekly action plans walk you through the stages of quitting.



HEALTH COACHING CALLS

Your dedicated health coach will guide, support, and motivate you to quit nicotine.



ACCESS TO MOBILE APP

Keep track of your progress anytime, anywhere.

PERSONALIZED SUPPORT TO QUIT YOUR WAY

QUICK FACTS

36% AVERAGE
QUIT RATE

16% SCORE
IMPROVEMENT

There is no denying the health risks of using nicotine. But whether you are an occasional smoker or a pack-a-day smoker, quitting is hard.

HealthCheck360's Nicotine Cessation Program gives you the support you need by establishing a personalized quit plan to kick the habit and live your healthiest life yet.

HOW DO I ENROLL?

Enroll today by contacting HealthCheck360 at 1.866.511.0360 ext. 5099 or healthcoach@healthcheck360.com

Throughout the 12-week program, you will learn strategies and techniques to:

- Identify and change your daily habits to kick the habit for good, regardless of the nicotine type used.
- Determine the best method of quitting through an individualized plan.
- Develop Stress management techniques to limit the triggers of nicotine use.

**"THERE IS NO RIGHT WAY TO QUIT NICOTINE;
THERE IS ONLY YOUR WAY."**