

WHERE YOU BELONG

Find health and closer connection.

Quitting Tobacco Is Easier With Help

Kicking the habit isn't easy. You may have already tried in the past. No matter what's holding you back, WebMD Health Coaches are trained in a variety of cessation techniques. They will work with you to find the best strategies for your needs.

You Don't Have to Do It Alone

A coach can develop a personalized quit plan for subscribers and spouses enrolled in the State of Wisconsin Group Health Insurance Program. Tobacco cessation medications are covered in the Group Health Insurance Program. Coaching coupled with medication prescribed by your doctor can boost your success in quitting once and for all.

A coach can help you set and prepare for a target quit date, discuss challenges and lessons learned, stay accountable by meeting on a regular schedule, and celebrate your successes along the way.

Visit smokefree.gov for a variety of resources about quitting smoking, including the health benefits of quitting.

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It's been a month and two weeks since I've had a cigarette. The coaching program gave me accountability. You have people who will support you, and make you believe in yourself and be honest with yourself. Kudos to the program, kudos to not smoking anymore!

— Well Wisconsin coaching participant

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Connecting with a coach is easy. Visit webmdhealth.com/wellwisconsin or call 800-821-6591.