

Smoking Cessation Program

(for MVP Enrollees)



MVP offers personal lifestyle coaching programs to help you with Tobacco Cessation

Want to improve your health? Call your coach!

If you're ready for a new way to look at wellness, try working with a lifestyle coach. It's telephone-based and allows you to track your progress online. It's convenient to your schedule. And it's customized to meet your unique needs.

- Work with your health coach over the phone, who will help you set goals, work through trouble spots, and find ways to succeed that work for you.
 - Go online for tools and trackers to help you succeed.
- Get a bonus Milestone Kit for participating in 4 coaching sessions and completing a progress review with your coach. You'll pick a nicotine replacement therapy kit online – and it will be mailed to you!
- Earn up to \$50 WellStyle Rewards for every four coaching sessions you complete (you can earn \$300 WellStyle Rewards per contact, per year)

Coaching sessions include:

- A pre-quit coaching phone session with a health coach to develop a strategy for quitting and identifying coping skills for success.
 - Up to 52 coaching sessions by phone per year (one per week).

Call toll-free at 1-877-748-2746 to schedule a session

(Monday - Friday, 8 a.m. - 9 p.m. Eastern Time)