



**Breaking Free from Tobacco?**

*We are here to help!*

*Florida Blue provides its members several tools to assist them on their journey to quitting tobacco.*

**Tobacco Cessation Counseling  
BetterYou Next Steps Program**

Registered nurses provide FREE individualized health coaching to assist you on your journey to becoming tobacco-free.

Email: [nextsteps@floridablue.com](mailto:nextsteps@floridablue.com)

Call: 1.800.477.3736 ext. 54837

**FREE\* Tobacco Cessation Aids**

- Generic Zyban (bupropion XR)
- Generic Nicotine Gum
- Generic Lozenges
- Generic Nicotine Patch Products
- Chantix
- Generic Nasal Sprays/Inhalers

\*Requires prescription from physician

Provided to employees covered under their employer's Florida Blue health insurance.

Florida Blue 

 **WELL**  
@ WORK

**BetterYou**