

Tobacco Cessation

Looking to kick the habit? Check out the variety of ways you can get assistance to finally let go of tobacco!

Florida Blue offers both individual counseling and financial support. Check out how Blue* can help you!



*See below for additional information.

3 FREE & EASY WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.
1-877-822-6669



Online help quitting tobacco is only a few clicks away.
tobaccofreeflorida.com/webcoach



Looking for local face-to face help? Find classes near you.
See page 7 for upcoming classes

Breaking Free from Tobacco?

We're Here to Help...

Tobacco Cessation Counseling Through Better You from Blue Next Steps Program

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

Email: 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.



*Free for employees covered under Florida Blue health insurance.

If you're ready to quit tobacco Help is FREE!

Class Schedule

Thursdays

February 2nd-March 9th

5:30 - 7:00 PM

Marion Technical College

Room 80F

1014 SW 7th Road, Ocala FL 34471

To Register call

866.341.2730

FREE

**Nicotine Replacement
Patches, Gum, Lozenges***

FREE

Education and Support

Insurance Benefit

**Florida Blue provides
the following tobacco
cessation aids at no cost to
employees/dependents
covered under the MPCs-
Florida Blue insurance:**

- * Generic Zyban
- * Generic Gum and Lozenges
- * Generic Patches
- * Generic Nasal Sprays/Inhalers
- * Chantix

*While supplies last and if medically appropriate



IQuit with AHEC is the in-person option of Tobacco Free Florida's 3 Free & Easy Ways to Quit.

Sponsored by: Suwannee River AHEC and the Florida Department of Health.

