

# Want to kick a nicotine habit?

**LiveHealth Online's Tobacco Free Program** combines the latest in telehealth technology and behavioral science to provide a personalized behavior change experience to help you quit nicotine. You don't have to kick the habit alone. You will work with a health coach who can create a personalized plan to help you reach your tobacco free goals.



Get Started Today

[livehealthonline.com/bassproshops](https://livehealthonline.com/bassproshops)

Available at no cost to outfitters, spouse, and dependents 18 and older on the Anthem Medical Plan.



## What makes Tobacco Free different than other wellness programs?



Tobacco Free is integrated with LiveHealth Online so getting the support you need is easy. You'll get personalized support with a health coach over the phone or through a live video visit using your smartphone, tablet or a computer with a webcam.



Your dedicated coach will work with you to create a personalized plan of action to help you cope with your cravings and become tobacco free.



Health coaches can send nicotine replacement therapy such as gum, lozenges and patches that will be sent directly to your home at no cost.

**Questions?** Call 1-888-LIVEHEALTH, and select option 5.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your employer.