

Work toward
quitting tobacco
for good by joining
our Tobacco
Cessation
Program!



**BlueCross BlueShield
of Texas**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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Tobacco use can raise your chance of getting cancer, heart disease, lung diseases and diabetes. Improve your health and the way you feel by breaking the habit. Our Tobacco Cessation Program can help inspire and support you each step of the way.

When you join the Tobacco Cessation Program, you are assigned a Lifestyle Management Specialist who can help you work toward becoming tobacco-free. Through telephone coaching sessions, you and your Lifestyle Management Specialist will build a customized plan to quit your way. You'll cover the basics of tobacco cessation, set goals, get rid of barriers, find healthy choices and learn how to notice and manage triggers.

To enroll, call 866-412-8795 and choose Lifestyle Management.

Blue Care Connection®