

# UPMC *MyHealth* Ready to Quit™

Tobacco Cessation



Enjoy the benefits of  
a tobacco-free life.

UPMC  
*MyHealth*

# Ready to quit tobacco?

The UPMC MyHealth Ready to Quit™ program is here for you!

Research shows that working with a health coach can double your chances of quitting tobacco for good. Using tobacco cessation medication combined with health coaching can help you be six times more likely to quit!

**Health coaches are here to help.** If you're thinking about quitting, are ready to make a plan, or you just need some help getting back on track, a coach can answer your questions and help you choose the support method that's the best fit for you. Call a health coach to find out more or get started.

Options include:

- Individual health coaching by phone
- A health coach-assisted online program
- A self-guided workbook program

Worksite groups or tele-groups may be available on a limited basis. Call a health coach to see if either of these groups is available to you.



## Quitting tobacco isn't luck ... it's learned. A UPMC Health Plan health coach is ready to show you the way.

Part educator, part counselor, part pathfinder, part cheerleader, the health coach plays a key role in helping you quit tobacco, eat healthier, manage stress, lose weight, add physical activity, or capably manage a health condition like asthma, coronary artery disease, or diabetes. Health coaches help motivate you, set goals, monitor progress, gain new skills, and overcome barriers to success.

Health coaches have a bachelor's or master's degree in nursing, dietetics, exercise physiology, counseling, or health education. Coaches hold licenses and certifications and have specialized training in their field. They are friendly, helpful, and able to help you quit tobacco and make other healthy lifestyle changes that are important to *you!*

### Online chat

You can conveniently connect with one of our health coaches through online chat. Just log on to **[www.upmchealthplan.com](http://www.upmchealthplan.com)** and go to Contact us.

**Make the call for a healthier life!**

**Call a health coach at 1-800-807-0751  
Monday through Friday from 7 a.m. to 8 p.m.  
and Saturday from 8 a.m. to 3 p.m.**

## UPMC HEALTH PLAN

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[www.upmchealthplan.com](http://www.upmchealthplan.com)

