

Who says quitters never win?

When it comes to **quitting smoking**, you're a **winner**.

You gain better health, fresher smelling clothes and the money saved that you used to spend on cigarettes. Coventry WellBeing℠ connects you with the help you need to quit for good.

Online through the Breathe® tobacco cessation digital coaching program.

By Phone through personal coaches available through Trestle Tree®. This supplement to online coaching gives you extra support from a single coach throughout the program. You have scheduled appointments. The length and frequency of the calls are based on your personal needs. You also have access to a wealth of information and tools to reinforce your coaching sessions.

Personal coaches will help you make the decision to quit, develop a quit plan and continue not smoking. Your coach will build a relationship with you to focus on areas of greatest concern in your life. He or she will listen to your struggles and guide you to better health.

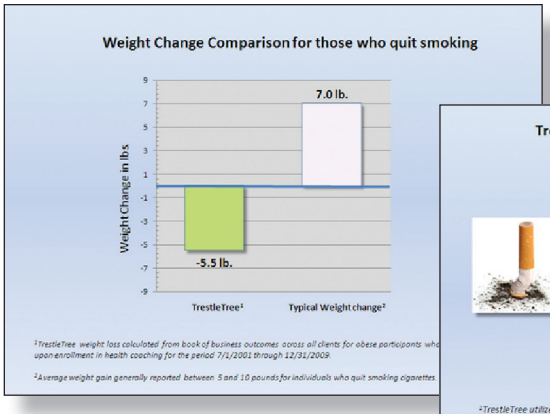
Let Coventry Health Care help you quit for good with the new tobacco cessation program. If you'd like to be a winner, do one of the following today:

Online

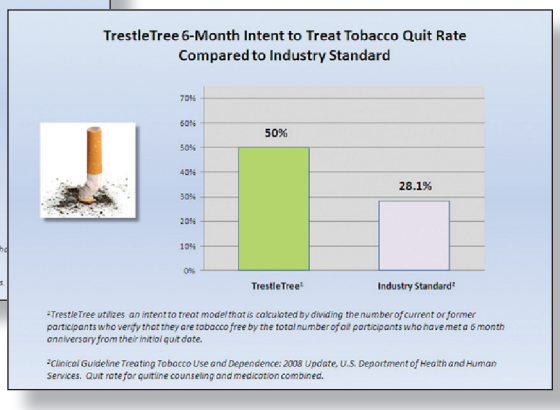
- Visit the Web address shown on your ID card.
- Log in to or register for My Online Services℠.
- Choose the WellBeing Solutions link under "Wellness Tools."

By phone

- To register for telephonic coaching support, call 866-856-4632.



Quitters LOSE weight



Quitters have a higher success rate

Coventry WellBeing℠

This program doesn't apply to all coverage and must be purchased/elected by your employer or health plan.

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