



Say **NO MORE**
to nicotine

Whatever your
reason to quit
– **we can help.**



I'M TIRED OF
SMELLING LIKE
CIGARETTES



I NEED TO BE A
BETTER ROLE
MODEL TO MY KIDS



I'VE SEEN ENOUGH
OF MY MONEY GO
UP IN SMOKE



I'M GOING TO
HAVE A BABY



I WANT TO LIVE A
LONG, HAPPY LIFE

Say YES to life without tobacco

Don't miss this free opportunity to speak one-on-one with a UMR health coach who can help you quit or reduce your use of nicotine products.

Your personal coach will provide motivation and support for overcoming your nicotine cravings with strategies that work for you. Your calls with your coach are completely confidential, and all resources are available at no cost to you.

Call us weekdays at **800-207-7680** from 8 a.m. to 8 p.m. CT, or log in to **umr.com** and select "contact us" to send an email to **Wellness Program - Coaching**.



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