



MEDICAL MUTUAL®

# A better way to quit.

## Medical Mutual Tobacco Cessation Program

Since 1985, the Medical Mutual Tobacco Cessation Program has helped over two million tobacco users quit the habit for good.

- Talk with your Quit Coach® as little or as much as you need.
- Learn about prescription and over-the-counter medications that can help you quit.
- Find out if you qualify for complimentary nicotine-replacement therapy (e.g. patches, gum).
- Receive text messages with tips and reminders to keep you motivated.



## Next Steps

- Enroll in the program by calling 1-866-845-7702.
- Log in to My Health Plan at [www.medmutual.com/member](http://www.medmutual.com/member) to learn more about the Medical Mutual Tobacco Cessation Program.

**Portal:** Log in to [www.medmutual.com/member](http://www.medmutual.com/member) and select **Wellness Portal** from the Healthy Living drop-down.

**Toll-Free:** 1-855-553-1006