



TOBACCO CESSATION

IF THERE'S A WAY TO HELP YOU
QUIT TOBACCO SUCCESSFULLY,
WE'LL FIND IT

SAVANNAH
savannahga.gov

Quantum
HEALTH

Employees enrolled in the City of Savannah's medical plan can sign up for **FREE Tobacco Cessation coaching from Quantum Health.**

OVER A MINIMUM OF FIVE WEEKS, YOUR DEDICATED COACH WILL:

- Connect one-on-one during five coaching sessions
- Understand your personal motivators for quitting
- Create a customized plan to help you meet your goals
- Access important resources you need to succeed
- Guide you through the stages of quitting
- Show you how to receive **FREE** medications and nicotine replacement, if appropriate for you, to increase your chances of reducing or quitting

The City of Savannah cares about you and is offering a chance at freedom from the high cost of tobacco, higher risk of disease, and paying more for healthcare.

Increase your chances of quitting and earn credit toward your SAV4Health Premium Discounts in 2024!

- Complete Tobacco Cessation by Dec. 22, 2023.
- Complete all other SAV4Health activities by Nov. 15, 2023.
- To enroll or to ask questions, call your Care Coordinators.

GOOD TO KNOW

53% OF TOBACCO USERS WHO GO THROUGH QUANTUM HEALTH'S TOBACCO CESSATION PROGRAM ARE TOBACCO-FREE AFTER JUST SIX MONTHS!

cityofsavannahhealthplan.com

866-360-7926

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

Download the app | **MyQHealth - Care Coordinators**