

# Free Tobacco Resources

## Stay Smokeless for Life

Sentara Health Plans designed this free self-paced tobacco cessation program to help tobacco users quit. It teaches about the nature of nicotine addiction and effective ways to control dependency and addiction.

Visit [sentarahealthplans.com/mylifemyplan](https://sentarahealthplans.com/mylifemyplan)

## WebMD Health Services®

Discover resources that can help you beat tobacco once and for all, including counseling, online tracking, and quick reads to keep you on track.

Log into [sentarahealthplans.com](https://sentarahealthplans.com) and select Wellness Tools. Click on Daily Habits at the top of your WebMD portal homepage and select Quit Tobacco.

To schedule a call with a WebMD health coach, call **1-866-513-2507** or select Coaching from your WebMD portal homepage.

## State Quitline

A state-funded tobacco cessation program with counseling and free nicotine replacement therapy.

**1-800-QUIT-NOW (1-800-784-8669)**



For more information, visit:  
[sentarahealthplans.com/mylifemyplan](https://sentarahealthplans.com/mylifemyplan)



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