

My Rewards



You deserve to reward yourself as you work toward your goal of a tobacco-free life!

Have you been tobacco-free for one day? One week? One month? You owe it to yourself to celebrate these achievements! Think about some ways that you would like to reward yourself for meeting your goals and jot them down below.

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For more information, visit:
sentarahealthplans.com/quitsmoking



You can also scan this code with your smartphone camera or QR code reader app.