

Free Tobacco Resources

Get Off Your Butt: 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 www.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 www.sentarahealthplans.com/mylifemyplan and select Wellness Tools. Click on the 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

