



Considering quitting tobacco or other nicotine products?

Tobacco/Nicotine Cessation from TELUS Health can help.

Tobacco smoke contains at least 4,000 chemicals, many of which are carcinogens. The good news is that quitting tobacco, e-cigarettes, or vaping, although challenging, is one of the best things you can do to improve your life and health. And, it's never too late to reap the benefits, some of which happen within the first few days. Make a commitment to invest in your wellbeing and reduce your long-term risks: Make the decision to quit.

If you're considering quitting, Tobacco/Nicotine Cessation, one of the specific health coaching modules provided by TELUS Health, can provide expert support. This program regards nicotine use and dependency as an addictive, chronic disease, and the approach recognizes that quitting is a process.

Tobacco/nicotine cessation is:

- Designed to help you learn how to make this important lifestyle change, and, perhaps more importantly, how to maintain the improvement, meaning you can stay tobacco/nicotine free for life
- Individualized support from a qualified health coach
- Supported by accompanying resources and tools to help you acquire practical skills for achieving and maintaining a tobacco/nicotine free life

