

Stamp out tobacco and breathe easier

It won't happen overnight, but with a good support system and some determination, you can remove tobacco from your life.

And it's worth the effort. A year from now, your risk for heart disease will be half that of someone who's still smoking.

November's feature is filled with resources to help you find the support you need with tips on:

- Managing cravings.
- Maintaining a tobacco-free home.
- Talking with children and teens about avoiding tobacco.

Your Employee Assistance Program (EAP) wants to help you and your family realize your dreams of a healthier life. Visit our website for information, tips and resources that can help you meet your goals.

800-999-7222
anthemEAP.com

Source: The American Lung Association.

This information is for general informational purposes only and all services may not be available with your EAP. Check with your employer for specific information on the EAP services available to you.

