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Health Net

The Decision to Quit Smoking and Using Tobacco Is a Personal One

The process doesn't have to be

If you've ever tried to stop smoking or using tobacco on your own, you understand the difficulty in taking it on by yourself – changing your behavior, managing the physical demands, controlling the emotional strain – all without the support and guidance you need to quit for good.

That's why Health Net of California, Inc. and Health Net Life Insurance Company (Health Net) have developed Decision Power® for smoking and tobacco cessation. By using one of our free programs, you can reduce your risk of heart disease and stroke, and improve your overall health and well-being.

Health Net's Decision Power program for smoking and tobacco cessation offers you two support options:

- **Quit for Life®**
Decision Power quit coaches are available with one-on-one telephonic support to help you quit smoking or using tobacco. Call 1-800-893-5597, and select menu option 8, or 1-866-QUIT-4-LIFE (1-866-784-8454).

- **Health Promotion programs – online access**

The Health Net Health Promotion program for tobacco cessation is a six-week online program that provides direction and help as you go through the quitting process. The program utilizes tracking, information and goal setting to help you quit and stay quit.

To get started with the program, go to **www.healthnet.com**, then log in or register. Click *Wellness Center*, then *Health Promotion Programs* where you will be directed to information about tobacco cessation.

Health Net is here to support you in taking these steps to a healthier lifestyle.



The decision is yours!

We are here to support you in taking these steps to a healthier lifestyle.

You have access to Decision Power through your current enrollment with Health Net of California, Inc. and Health Net Life Insurance Company. Decision Power is not part of Health Net's commercial medical benefit plans. It is not affiliated with Health Net's provider network, and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

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