

# **Tobacco Cessation Resources available through Aetna**



**Below is a list of resources for Tobacco Cessation support available to all Aetna members:**

## **Online coaching programs:**

All online coaching programs are available on Aetna.com, under “Stay Healthy”

- ❖ **MAKE YOUR DATE TO QUIT**
- ❖ **NOT READY TO QUIT**
- ❖ **READY, SET, STOP SMOKING!**
- ❖ **STAY ON TRACK, STAY QUIT**
- ❖ **SMOKELESS TOBACCO TAKEDOWN**

## **In person counseling at a CVS Minute Clinic:**

Have a one-on-one with a wellness professional at any CVS MinuteClinic® site. The two of you will talk about your health and your lifestyle, then create a plan just right for you. Sessions are 15 – 20 minutes each and you can have up to 8 in a 12-month period. You and covered family members ages 18 or older can register at a MinuteClinic. Just show your member ID card.