



Take a smoke break **FOR GOOD**

If you are wanting to quit tobacco, but could use some professional support, participate in a **FREE** program for Massachusetts Laborers members and dependents who have Health and Welfare coverage.



800-522-6763 | www.HelloE4.com | **USERNAME:** mass laborers | **PASSWORD:** guest



To get started, call **800-522-6763** and say you'd like to participate in the free smoking cessation program.

WHAT HAPPENS NEXT?

After you've made the call, a smoking cessation coach will call you back and set-up a program that works for you. Your coach will schedule regular phone calls to check-in on your progress over a year's time. Unlike other quit-smoking programs, this program is designed for your **complete support**. It includes:

- Coaching by phone for up to one year, not only for quitting smoking, but also for related issues such as stress management, weight management, and nutrition
- Up to 8 sessions of face-to-face counseling, if needed, to address any issues that may be working against your success
- 100% coverage of an 8-week nicotine replacement therapy program, if appropriate, which may include lozenges, gum, or a patch

Whether you're contemplating quitting, have already tried to quit, or are looking for a new approach, make the call and get support. Your E4 Health Member Assistance Program (MAP) is always available, and always confidential.