



12 Hours

The carbon monoxide level in the blood drops to normal.

2 Weeks to 3 Months

Lung function begins to improve.

1 to 9 Months

Coughing and shortness of breath decrease.

Tobacco Cessation Programs May Help You Lead a Healthier Life

Our Well onTarget[®] tobacco cessation programs consist of methods to help you learn to quit smoking with innovative lessons developed using the most current academic and medical research.

Interactive, digital self-management programs consisting of:

Six-week long program to help you establish behaviors to achieve your goal.

Quitting Tobacco — This program will help you identify your stressors and beat addiction. You'll learn how and when medications may benefit you in your journey to a tobacco-free life and strategies to help you avoid slip-ups and prevent future relapse.

Staying Tobacco Free — You'll revisit your original reasons for quitting in this program and discover ways to get past hard times and stay tobacco free.

The nicotine cravings can be intense, and you'll learn how to cope and the importance of getting support from those around you as part of quitting tobacco.

It takes only about four minutes to check in and take advantage of the daily resources offered. You'll take midpoint and endpoint assessments to tell us how you did and whether or not the program and the changed habits helped you move closer to, or reach your personal goal.



Earn Blue PointsSM

You can earn 1000 Blue Points once per quarter when you complete a digital self-management program. Redeem your points in our expanded online shopping mall for merchandise.¹

After quitting, the body begins to repair the damage caused by smoking.²

Sign up for the Tobacco Cessation Programs in the Well onTarget Portal at wellontarget.com.

For more information call 877-806-9380.

1. Blue Points Program Rules are subject to change without prior notice. See the Program Rules on the Well onTarget Member Wellness Portal for more information. Member agrees to comply with all applicable federal, state and local laws, including making all disclosures and paying all taxes with respect to their receipt of any reward.

2. Source: <http://www.lung.org/stop-smoking/i-want-to-quit/benefits-of-quitting.html>

Smoking Statistics Source: <http://www.lung.org/stop-smoking/i-want-to-quit/benefits-of-quitting.html>

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