

# Tell tobacco you're through

## EAP's tobacco-free resources can help



### Breaking up is hard to do — especially when your “ex” is tobacco.

But a fresh start is just around the corner. Today, more Americans have said goodbye to their smoking habit than haven't.<sup>1</sup> So you can, too. With EAP, you get all the resources you need to move on ... for good!

**When you're ready to quit, you don't have to  
go it alone! We're here for you 24/7.**

Just call EAP at 855-873-4932 or visit  
[anthemeap.com](http://anthemeap.com) and enter "Modine"



### Online support

EAP offers lots of convenient, web-based tools and information to help you quit. Check out [anthemEAP.com](http://anthemEAP.com) for:

- **Articles covering tobacco-free topics.** Learn about:
  - Preparing to quit.
  - Identifying tobacco triggers and cravings.
  - Using nicotine replacement therapy.
  - Recognizing the dangers of secondhand smoke.
  - Boosting your chances of success.
- **Downloadable audio clips.**
- **Links to national resources** that feature quitting tips, techniques and quizzes.

**All EAP services are confidential, and available to you and members of your household at no cost. No one will know you've contacted us unless you give permission in writing.<sup>2</sup>**



<sup>1</sup> Centers for Disease Control and Prevention: Quitting Smoking (December 2017): [cdc.gov/tobacco/data\\_statistics/fact\\_sheets/cessation/quitting/index.htm](https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm).  
<sup>2</sup> In accordance with federal and state law, and professional ethical standards.

Language Access Services — (TTY/TDD: 711)

Spanish — Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese — 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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