



## Get the support you need to live a healthier life!

It's easy and convenient with LiveHealth Online's Tobacco Free program.

Did you know **16 million Americans** live with a smoking-related disease? Your chances of quitting smoking are two times better when using nicotine replacement therapy. Rewards of quitting tobacco use include:



**20 minutes:**  
Heart rate, blood pressure drop



**12 hours:**  
Carbon monoxide in the bloodstream drops to normal



**2 weeks-3 months:**  
Circulation, lung function improves; heart attack risk begins to drop



**1-9 months:**  
Cough less, breathe easier



**1 year:**  
Risk of coronary heart disease cut in half



**2-5 years:**  
Risk of mouth cancers, throat, esophagus, bladder cut in half; stroke risk reduced to that of a nonsmoker



**10 years:**  
Half as likely to die from lung cancer; risk of kidney or pancreatic cancer decreases



**15 years:**  
Risk of coronary heart disease same as nonsmoker's risk

### Start the Tobacco Free Program!

Work with a health coach who can help create a personalized plan of action and arm you with ways to cope with your cravings. They can also prescribe nicotine replacement therapy like gum, lozenges, and patches that will be sent directly to your home.

The Tobacco Free program is at **no cost** employees, spouses and dependents 18+ on the Anthem medical plan.

### Sign up!



Go to  
[livehealthonline.com/modine](https://livehealthonline.com/modine)  
or call 1-888-LIVEHEALTH and  
select Option 5 to enroll!

**LiveHealth**  
ONLINE

**MODINE**  
Engineering a Cleaner, Healthier World

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.