



TOBACCO CESSATION COACHING

IF THERE'S A WAY TO HELP YOU
QUIT SMOKING SUCCESSFULLY,
WE'LL FIND IT.

SAVANNAH
savannahga.gov



MyQHealth.
by QUANTUM HEALTH

Employees enrolled in the City of Savannah's medical plan can sign up for FREE MyQHealth Tobacco Cessation Coaching.

OVER A MINIMUM OF FIVE WEEKS, YOUR DEDICATED COACH WILL:

- Connect one-on-one during five coaching sessions
- Understand your personal motivators for quitting
- Create a customized plan to help you meet your goals
- Access important resources you need to succeed
- Guide you through the stages of quitting
- Show you how to receive FREE medications and nicotine replacement to increase your chances of reducing or quitting

Increase your chances of quitting and earn credit toward your SAV4Health premium discount in 2022

- Complete MyQHealth Tobacco Cessation Coaching by Nov. 26, 2021
- Complete all other SAV4Health activities by Nov. 15, 2021
- To enroll or ask questions, call your MyQHealth Care Coordinators

MYQHEALTH TOBACCO CESSATION COACHING CONSISTS OF FIVE ACTIVE COACHING CALLS AT LEAST SEVEN DAYS APART, BUT NO MORE THAN 45 DAYS BETWEEN CALLS. **THEREFORE, YOU MUST COMPLETE YOUR FIRST CALL BY OCT. 22, 2021.**

CityofSavannahHealthPlan.com

866-360-7926

(Monday-Friday, 8:30 a.m.-10 p.m. ET)

Download the app | MyQHealth - Care Coordinators