



TOBACCO CESSATION

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

Employees enrolled in the City of Savannah's medical plan can sign up for **FREE Tobacco Cessation coaching from Quantum Health.**

**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, if appropriate for you, to increase your chances of reducing or quitting

The City of Savannah cares about you and is offering a chance at freedom from the high cost of tobacco, higher risk of disease, and paying more for healthcare.

**Increase your chances of quitting and earn credit toward your SAV4Health Premium Discounts in 2026!**

- Complete Tobacco Cessation by Dec. 19, 2025.
- Complete all other SAV4Health activities by Nov. 15, 2025.
- To enroll or to ask questions, call your Care Coordinators.

**GOOD TO KNOW**

**53% OF TOBACCO USERS WHO GO THROUGH QUANTUM HEALTH'S TOBACCO CESSATION PROGRAM ARE TOBACCO-FREE AFTER JUST SIX MONTHS!**



[cityofsavannahhealthplan.com](http://cityofsavannahhealthplan.com)

**(866) 360-7926**  
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

