

*Need help to quit—  
help to overcome your habit*



If you or someone you love is trying to kick the habit, EAC can help. We have a library of articles on the dangers of smoking and tobacco, and tips on how to quit. Additionally, we provide a smoking cessation program, monitored by licensed EAC counselors. Call or log on today to start living smoke free.

- Smoking Cessation Program
- Tip sheets and articles on quitting
- Links to free, online support
- Information about medical treatments for quitting
- Wellness support for a smoke-free life

IMPROVING LIVES AT WORK AND AT HOME

TOLL-FREE: 800-227-0905

E-MAIL: [employeeassistancecenter@eaccares.com](mailto:employeeassistancecenter@eaccares.com)

WEBSITE: [www.eacworklife.com](http://www.eacworklife.com)

USERNAME: \_\_\_\_\_