

Quitting Smoking Matters

Start Today!



Whether you're thinking about quitting for the first time or you've tried several times, QuitNet[®] can help you become tobacco-free.

Enroll in the program to stop smoking and start living well for what matters.

With QuitNet, you can:

- Understand and find coping strategies for tobacco triggers.
- Get motivation and encouragement from others just like you.
- Celebrate milestones on your path to a healthier, tobacco-free life.

How it works

QuitNet provides support through:

- **Personal coaching.** Get counseling and support phone calls from tobacco treatment specialists based in Hawaii.
- **Online, mobile, and text support.** Create a personal plan, use self-assessment tools, get expert advice, find quit buddies, and more.
- **The Quit Guide.** Get a guide mailed to you with everything you need to know about quitting – from deciding to quit to staying tobacco-free.

Enroll today

You can reach your best well-being with the right support. QuitNet meets you where you are and takes you where you want to go – to better health and well-being and a better you.

Call us at **1 (855) 329-5461** toll-free.

HEALTHWAYS
QUITNET[®]
QUIT ALL TOGETHER

QuitNet is available to eligible HMSA members at no cost.
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Healthways, Inc[®] is an independent company that provides QuitNet[®],
a tobacco cessation program on behalf of HMSA.

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