Breaking Free

Tobacco Cessation from **Life**Matters®



Through LifeMatters, you have access to **Breaking Free**, a tobacco cessation program. This telephone coaching model is based on research that has produced significantly higher tobacco cessation success rates.

When you sign up, a **pre-quit session** will be scheduled at a convenient time for you. The pre-quit session is designed to review your tobacco use and quitting history, your motivation for quitting at this time, and strategies for coping (including nicotine replacement options). This session also focuses on determining your quit date. It is likely to last up to 60 minutes.

During the **quit date session**, you and your coach will review your motivations for quitting, coping strategies, and useful relaxation techniques. This session may last up to 20 minutes.

The remaining **four follow-up sessions** are designed to provide relapse prevention strategies and explore your new, tobacco-free image. These sessions will be scheduled at your convenience, though it is recommended that they occur on the third, seventh, fourteenth, and thirtieth days following your quit date. You are also welcome to contact LifeMatters for support and guidance at any time.

Congratulations on taking the initial step of finding out more about the LifeMatters Tobacco Cessation Program. We hope you'll take the next step toward becoming tobacco free. To begin the process, simply contact LifeMatters at 1-800-367-7474 and ask to schedule your pre-quit session.

Call **Life**Matters® by Empathia toll-free anytime. **1-800-367-7474**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
Call collect to **262-574-2509** if outside of North America
Visit **Life**Matters® online at **mylifematters.com**
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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

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