



# Tobacco Cessation

Quit smoking for good through our virtual nurse coaching program



Start a program to quit smoking for good. Get ongoing support from one of our nurses by phone or video.

- Get consistent support with proven tips to quit
- Earn an official certification of completion
- Feel satisfaction from quitting for good

## How it works:

- 1 Download the app, go online or call us to set up your account or log in
- 2 Complete or update a brief medical history
- 3 A doctor, mental health professional or nutritionist will refer you to our Tobacco Cessation program during your visit. Once you're referred, one of our certified nurses will reach out to you and schedule coaching sessions



Learn more  
at [Teladoc.com](https://www.teladoc.com)