

HealthyRoads® — a PHP Program for Tobacco and Vape Users Ready to Quit

Are You Ready to Quit Smoking?

PHP is ready to take that step with you. Whether you struggle with cigarettes, chewing tobacco, or vaping, we are here to help. Through HealthyRoads®, our tobacco cessation program, you will gain the tools, support, and motivation to end your tobacco habit.

A key part of the program is a HealthyRoads Coach to guide you through the program. Working with your personal coach, you will be better equipped to identify triggers and find new strategies to deal with them, create a plan for success while coping with your cravings, and maybe even develop a new self-image.

Thousands of toxins in tobacco and cigarette smoke are known to cause cancer, heart disease, chronic obstructive pulmonary disease (COPD, including emphysema and chronic bronchitis).

Are You Ready?

Ask Yourself These Three Questions:

1. Do you have a strong reason to quit?
2. Have you thought about quitting tobacco for at least six months?
3. Are you willing to set a quit date?

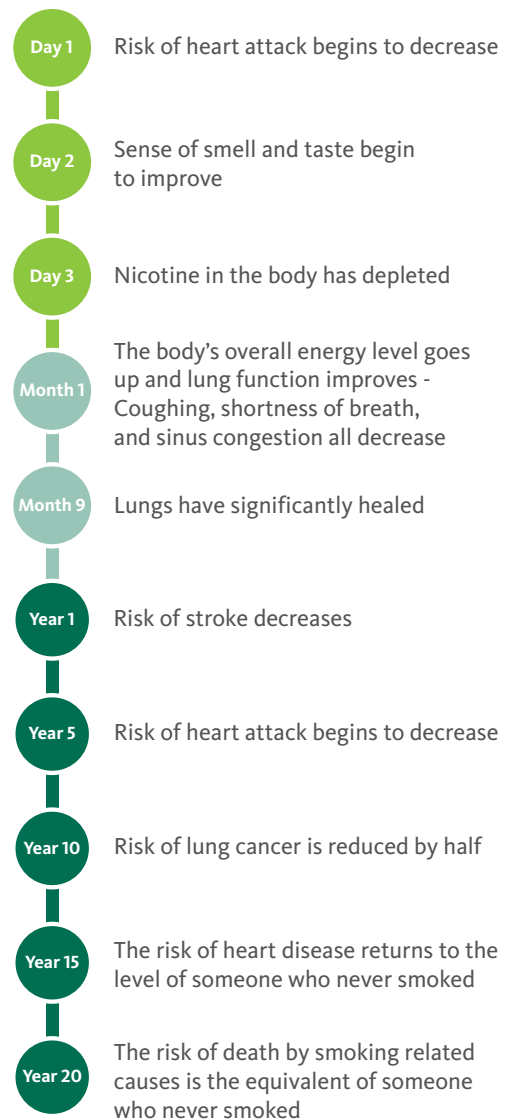
If you answered “yes” to all of these questions, you are ready to get started. The PHP HealthyRoads tobacco cessation program will take you step by step through the process of quitting.

To get started, call HealthyRoads at **877.330.2746**, 9 a.m. to 8 p.m. Monday - Friday. Or, enroll online at [HealthyRoads.com](https://www.healthyroads.com)



Benefits of Quitting Smoking

It can be motivating to think about the positive things that will happen when you quit. Take a look at how your health improves over time:



If you spend \$7.50 a day on tobacco, you'll save more than \$2,700 a year if you quit.

All current PHP members are eligible to enroll in our tobacco cessation program managed by HealthyRoads.