



## A Call to Change ... Partners in Quitting®

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Thinking about quitting smoking or smokeless tobacco? Help is just a phone call away! To help you take the first step toward quitting, we offer you *A Call to Change ... Partners in Quitting®*. This innovative course — offered over the phone — is designed to help you prepare for a quit attempt, set a date and ultimately quit. Working one to one — at your own pace — you will learn to:

- ✓ Beat cravings
- ✓ Relieve stress
- ✓ Deal with tempting social situations
- ✓ Adjust to life without nicotine

### **Here's how it works:**

- ◆ You'll talk one-to-one with a health educator during 20-minute phone calls.
- ◆ You may schedule your phone sessions between 7 a.m. and 10 p.m., CT, Monday through Thursday and between 7 a.m. and 6 p.m., CT, Friday — at home, work or anyplace that's convenient for you.
- ◆ You'll complete workbook activities on your own time that will give you the tools and personal guidance you need to break your nicotine dependency and smoking habits — for good!

Course is FREE to HealthPartners members. For more information or to register, please call 952-883-7800, 1-800-311-1052 (outside the Twin Cities metro area) or our TTY line at 952-883-7498.