

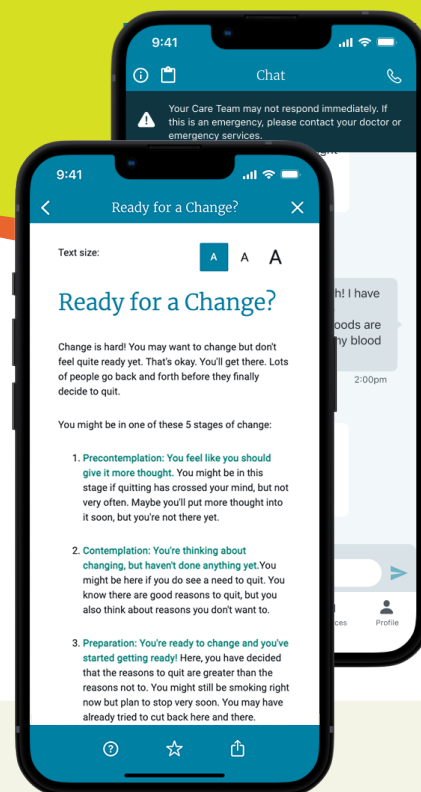
Quit smoking

We're here to help

The power to quit in the palm of your hand

Our free **Smoking Cessation program** – powered by the Wellframe® app – puts tools and support to help you quit right in the palm of your hand. You'll have access to self-guided program modules, videos, and articles you can take with you wherever you go.

You'll also have the option of receiving direct in-app text message support from our Care Management team to help you build a personal plan to quit smoking that is focused around your unique health goals. They'll help you identify your reasons for quitting, recognize triggers for smoking, develop strategies to fight cravings, and help you stay motivated and accountable along the way.



Features



Evidence-based
holistic approach to
smoking cessation



Repeatable
six-week program



Daily multimedia
to-do checklist



Check-ins
and alerts



Articles
and videos



24/7 support through
SmokeFree.gov



Support also provided for
quitting smokeless tobacco
and e-cigarettes

We're here to help on your journey to quit smoking. With tools and integrated support from our Care Management team, we put the power to quit right in your hands.



Scan here to download the FREE Wellframe® app and take your first step today! Use access code **univerawelcome** to engage with our Care Management Team for help along the way, or **univerafree** for the self-guided program.

