

# Smoking Cessation Program

This program is tailored to your individual smoking habits and needs. You'll set a "Quit Date" and begin a staged approach to quitting. This program features five levels. Plus, you'll receive tips on how to quit, smoking cessation information and access to additional interactive tools to help you keep on track to your Quit Date.

## Program features include:

- Quit Date Selection Tool: Monitors your progress
- Virtual Tar Jar: Demonstrates how your lungs are affected by tobacco exposure
- Cost of Smoking Calculator: Shows you the weekly and annual cost of tobacco use
- Panic Button: Gets you through moments of stress without reaching for a cigarette
- Tobacco Cessation Diary: Allows you to record your progress
- Motivational Support: Helps you achieve your goals
- Progress Updates: Keeps you going
- Online Tools and Messages: Reinforces your healthy habits

