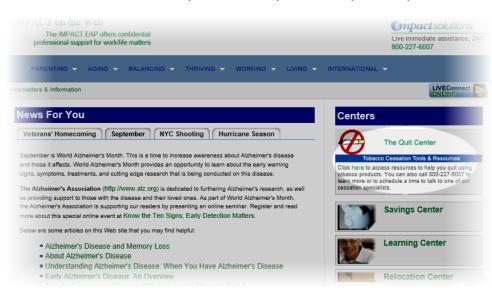
Did You Know...

IMPACT on the web has a Quit Center?

Tobacco addiction is a chronic disease that often requires multiple attempts to quit.

Although some users are able to quit without help, many others need assistance. That is why your IMPACT Employee Assistance & Work/Life Program created the *Quit Center* to help you (or a significant other) quickly indentify the resources, tools and professional help needed to help you reach your goal.



A sampling of the tools and resources currently available via web: Articles Cigarettes and Other Tobacco Products: Part 2 (2).4% rein Medications That May Help You Quit Smoking (64% re Smokeless Tobacco: Tips for Going the Distance (63.7% ref) Smokeless Tobacco and Cancer (83.4% releva Cigarettes and Other Tobacco Products: Part 1 (82.91 Audio Secondhand Smoke (18.1% relevant Preventing Smoking (15.8% red Osteoporosis Risk Factors (12.8% re Cancer Risk Factors (9.7% relevant) Doctor's Advice vs. Behavior (8.8% Resources Campaign for Tobacco-Free Kids (14.8% N Talk to an Expert to Help You Quit Smoking (12.2% rela SmokeFree (12.2% retevant

IMPACT support includes:

» Telephone Coaching

IMPACT Solutions' Quit Specialists, certified in tobacco cessation techniques, can structure telephonic coaching sessions and resource material based on your individual goals.

» Web Resources

Visit <u>www.MyIMPACTSolution.com</u> to view hundreds of tools and resources available to assist you with tobacco cessation. The *Quit Center* includes easy access to online tools in one convenient location including:

- » Tobacco cessation modules
- Resources
- » Support
- » Educational materials

Call IMPACT Solutions at 800-227-6007 or visit IMPACT on the Web at www.myimpactsolution.com for additional information on tobacco cessation.