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.

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 [www.MyIMPACTSolution.com](http://www.MyIMPACTSolution.com) 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](http://www.myimpactsolution.com) for additional information on tobacco cessation.