

# *Commit to* **QUIT** THIS NOVEMBER

## **MARK YOUR CALENDAR:**

November 20 is the Great American Smokeout.

Sharecare is here to help. Use the tobacco tracker to keep track of how much you were smoking before you quit, calculate your cost savings and even see how many hours you'll add to your life by quitting.

You also have access to Sharecare's tobacco coaching and Craving to Quit program, which offers the resources and support you need to quit:

- ✓ Personal coaching over the phone
- ✓ Quit plans and advice
- ✓ Articles and online resources
- ✓ Emails with information and tips

## **READY TO QUIT?**

Visit [carefirst.com/sharecare](https://carefirst.com/sharecare)

