



# Regence Empower

## MEMBER WELL-BEING RESOURCES

### Quit tobacco and play longer!

It's not easy to kick a tobacco habit. But as a Regence member, you don't have to go it alone. You're more likely to succeed if you have help.

Ready to start living tobacco-free? Read about three ways to get started on the reverse side.



# Start your path to quitting tobacco today



Sign into [regence.com](https://www.regence.com), then go to **Regence Empower > Navigation Menu > Self-Guided Programs > Tobacco Cessation program.**



Connect with a Regence Empower health coach for individualized support, goal setting and motivation. Call 1 (855) 861-9397 or go to Regence Empower via [regence.com](https://www.regence.com) or the app and click on the coaching whistle icon.



Contact Regence Customer Service at 1 (888) 232-5763 to learn about medications and programs to help you quit tobacco.

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**Regence BlueCross BlueShield of Utah**  
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