

Baystate Health_y

With Baystate Healthy, you don't have to quit alone.

Quitting tobacco is one of the best things you can do to improve your health. You can feel the benefits of quitting right away and in the long run. Sign up today to call or get access to:



Personal health coaching for quitting tobacco and access to quit medications.



Advice on how Nicotine Replacement Therapy (NRT) combined with coaching can improve quitting tobacco for good.



QuitNet – the largest quit-smoking program in the world is available to Baystate Health team members at no cost.



Call 877-242-0307 or register at
www.quitnet.com/baystatehealth



Breathe easier — and be healthier!