10 tips to quit for good

1. Determine your reasons for quitting
2. Set a quit date
3. Tell others you're trying to quit
4. Try new ways to manage stress
5. Practice a new healthy activity instead
6. Drive a new route to work
7. Carry healthy snacks or sugar-free gum
8. Envision your life free of nicotine
9. Get support from a coach
10. Take advantage of your Sanford Health Plan benefits

Sanford Health Plan members can receive cessation medications, counseling & coaching at

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Call Customer Service at
(800) 752-5863 for more information.

SANFORD HEALTH PLAN

493-804-149 11/21