Increase your chances of giving up tobacco for good by meeting with a certified health and wellness coach from Sanford Health Plan. Our coaches offer one on one support to help you quit for good. They are experts in helping people identify and understand their habits, triggers and motivations.

How does it work?

Most sessions last about one hour and are done over the phone. For a full coaching experience, we recommend six sessions but the number you complete is up to you. If you're not ready to commit, you can do one session as a trial run consultation.

What will we do?

Your coach is ready to help you:

- Identify influences
- Crush nicotine cravings
- Structure your surroundings
- Understand your habits
- Build skills to handle tough moments
- Set goals to move you along your journey to being tobacco free

These sessions are tailored to you and what you need in order to be successful. You will receive a toolkit of resources to help you give up nicotine for good.

Meet your coach

Audra Janke

Call (605) 328-6888 to schedule your first session today.

SANFORD HEALTH PLAN

267-541-650 11/21