



## ***Tobacco Cessation Program***

Did you know more than 34 million Americans still smoke cigarettes and smoking remains the single largest preventable cause of deaths and illness in the world? Quitting is worth it – for your health and wallet. You can save an average of \$1,960 annually when going tobacco free.

Our Tobacco Cessation Program, led by Carilion Clinic pharmacists, will help you change your habits and develop a plan for your journey toward becoming tobacco free.

### **This program includes:**

- » Four in-depth virtual sessions with a Carilion pharmacist
- » An individualized quit plan based on your habits
- » Cessation aids offered through your insurance or over the counter

For more information, please contact your Carilion provider or [pharmacy@carilionclinic.org](mailto:pharmacy@carilionclinic.org).