



[www.MyHealthPlanner.com](http://www.MyHealthPlanner.com)

## KICKING BUTTS AND TAKING NAMES

It's time to put cigarettes down for the count. And we've got your back. We're committed to giving you the tools you need to kick the habit and kick it for good.

Our My Health Planner<sup>SM</sup> app guides you through a complete program to help you:

- ◆ Decide if you're ready to quit.
- ◆ Develop a quit plan.
- ◆ Pick a quit date.
- ◆ Identify and avoid your triggers.
- ◆ Manage cravings, stress and weight.

### It's Quick and Easy To Get Started:

1. **Download the My Health Planner app:**  
Visit [www.MyHealthPlanner.com](http://www.MyHealthPlanner.com) to download the app.
  2. **Create an account:** Open the app and choose **Sign Up**.
  3. **Enter your access code:** ACTNOW.
- If you've already downloaded the app, no further action is needed.

**IT'S YOUR HEALTH.  
LET'S FIGHT FOR IT.**

Visit [www.MyHealthPlanner.com](http://www.MyHealthPlanner.com) to download the My Health Planner app, or call 855-838-5897 and select the Wellness option.

