

Preparing *to* Quit Tobacco



This recorded class focuses on the key challenges of smoking, helps you identify motivation, provides skills and strategies for quitting, and connects you to online tools and resources.

Enjoy the benefits of participating in this class:

- easy to access
- can be taken from the comfort of your home
- class materials and resources available online

Go to www.tricare-west.com/go/P2QTclass to get started today.

Time to Quit!



Wherever you are in the process of quitting tobacco, this online program has something for you. It guides you through creating a personal plan of action for quitting and staying quit.

Benefits of taking this online program:

- accessible 24 hours a day
- no registration required
- learn at your own pace

Go to www.tricare-west.com/go/ttq to get started today.

For additional TRICARE tobacco cessation resources, visit www.tricare-west.com/go/tobacco.