The Decision to Quit Smoking and Using Tobacco Is a Personal One

If you’ve ever tried to stop smoking or using tobacco on your own, you understand the difficulty in taking it on by yourself – changing your behavior; managing the physical demands; controlling the emotional strain – all without the support and guidance you need to quit for good.

That’s why Health Net has developed Decision Power® for smoking and tobacco cessation – free programs designed to support you through the difficult process of quitting smoking or chewing tobacco – wherever you are in the process. With one of our smoking and tobacco cessation programs, you can reduce your risk of heart disease and stroke, and improve your overall health and well-being.

Health Net’s Decision Power for smoking and tobacco cessation programs offer you these support options:

• Support by phone
  Decision Power quit coaches are available with one-on-one telephonic support to help you quit smoking or using tobacco. Call the number on your ID card and select the program option for tobacco/smoking cessation.

• Online access
  Visit HealthNet.com to find useful online resources, including information about our comprehensive online smoking cessation program. Log on to www.healthnet.com, click on the Decision Power Health & Wellness button, then the Quit Smoking option on the Decision Power webpage.

Health Net realizes that the decision to stop smoking or using tobacco is yours. Whether you’ve tried before or are just thinking about it for the first time, we are here to support you in taking the steps to a healthier lifestyle.