



*With the right help,
you can do it.*

REGISTER TODAY!

Tobacco Cessation Webinar Available!

Through the Health Insurance Tobacco Surcharge and Quit Incentive, you can take advantage of a *free* Webinar program to help you get a fresh start on life. This program is being made available to you and eligible spouses through the State of Tennessee Employee Assistance Program, provided by Magellan Health Services.

Learn What's Right for You

What works for one person may not be right for another person. When you participate in this introductory Webinar, you'll learn to identify which method is right for you so that you will be successful. You'll also be introduced to effective ways to:

- Manage mood swings
- Identify your triggers and learn ways to beat the urge
- Develop healthy alternatives so you don't resort to another bad habit
- Overcome those moments when you may relapse
- Access additional resources and support tools
- Be successful and quit for good health!

Take the First Step

To register for this introductory Webinar program, simply click on the appropriate date you wish to participate. When you click on the link, you will create your own password (4 - 32 characters). After registering, you will receive an e-mail confirmation. And to make sure it's on your calendar, you will be given an option to save the meeting in your Outlook calendar.

All Webinar dates listed below are one-hour long and will begin at Noon Central Time / 1:00 Eastern Time.

May 5 — <http://magellanhealth.na4.acrobat.com/e30962856/event/registration.html>

May 15 — <http://magellanhealth.na4.acrobat.com/e48949387/event/registration.html>

May 19 — <http://magellanhealth.na4.acrobat.com/e11309424/event/registration.html>

May 26 — <http://magellanhealth.na4.acrobat.com/e98404401/event/registration.html>

What is a Webinar?

Attending a Webinar is like attending any seminar apart from the place where the event takes place. Instead of meeting in a conference room we will meet in a virtual conference room on the web. You will be allowed to attend this Webinar on state time using state equipment. *So what is required to participate?* Basically a phone and PC with access to the web is all you need. No special software is required to participate. After registering, you will receive an e-mail that includes log on link for the day of the Webinar as well as the toll-free number to call.

On the day of the Webinar, once you have logged in you can sit back and listen to the presentation on the phone while watching it on your screen. Questions can be asked through a chat function. Instructions on how to ask a question will be provided at the beginning of the Webinar.

If you have questions regarding the Health Insurance Tobacco Surcharge and Quit Incentive program, please contact your benefit administrator.