

If you want to put tobacco behind you for good, the iCanQuit program offers you support and tools that really work.



Your future

so  
sodexo

Quitting smoking can be tough. But studies show that people who use a tobacco cessation program double their chances of quitting successfully. The iCanQuit program is here to help you quit for good. When you sign up for iCanQuit, you'll work one-on-one with a personal health coach who will talk with you about your smoking history, habits and goals. Your coach will work with you over the phone or online to help you set a quit date and learn how to break down the quitting process into small steps. You'll learn how to deal with tobacco cravings and other challenges. You'll also receive a free toolkit with an iCanQuit workbook, mints, quit putty and a refrigerator magnet to remind you to stick with the program.

The iCanQuit program is brought to you free from Sodexo, it's completely confidential, and it works. Of the people in the program, over one-quarter are tobacco-free after one year—almost twice the national standard.

**iCanQuit iCanRelax iCanChange**

Quitting isn't easy, but with the right kind of help, you can do it. Find out how the iCan Health Coaching program can help. Call 888-267-8126 to speak with a health coach or visit [www.iamsodexo.com](http://www.iamsodexo.com) > LifeWorks.

Para información sobre este programa en español, llame al 888-732-9020.



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Making every day a better day