

State Employee Tobacco Cessation Program

You can quit.
We can Help

Benefit Options
Choice Value Health



Quitting tobacco is tough – Don't do it alone. As an employee of the State of Arizona, help is available at no cost to you.

1-866-218-6646

When you call the **State Employee Tobacco Cessation Program** you get:

- Pharmacists to help choose the right medication for you
- Expert coaches to help you set goals and quit for good
- 24/7 support to keep you on track
- Select medications are covered in full

All helpline services are free, in English and Spanish

Tobacco **Free** Arizona
.com

ASHine
org

Arizona Department of Administration
Human Resources Division – Benefit Services
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